

PURITY IS POWER

KINGS WILL RISE

**MASTER YOURSELF AND REMAIN PURE
IN A LUST-FILLED WORLD,**

**BREAK THE CHAINS OF ADDICTION
INSTANTLY WITH THE FOREVER PURE METHOD,**

**AND SHOCK EVERYONE BY APPLYING
THE 1% SECRETS THAT WILL AWAKEN
YOUR COMPLETE GOD-GIVEN POTENTIAL!**

SHIRAZ HUSSAIN

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BUT THE VALUE IS BILLIONS!***

So, Study well soldier!

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ON AMAZON FOR YOU TOO.***

(INC. THE NEW LTD EDITION HARDBACK!)

I love you! And May God Bless your Rise!

Kings Will Rise

Purity is Power

By Shiraz Hussain

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ACKNOWLEDGMENTS

. . .

I can't believe I've finished a book, and not just any book, but one that I hope will help millions of men uncover the truth of their masculine power, conquer sin forever, and reach the heights of their true potential.

I thank my little brother Shoaib who has always believed in me and continues to grow into the alpha I know he will become – God-willing.

I also thank my little sister Anisa whose princess-like demeanor never fails to push me to work harder every day, knowing that there is well-deserving royalty in need of expensive gifts.

I thank my little sister Aisha who never fails to make me smile even when she's angry. Her delicate heart can make the most fallen of flowers bloom back to life. She is just the best human ever.

I thank my brother Usman whose Muhammed Ali-level character inspires me to up my game every day. This kid has some serious wrestling power.

And finally, the last of my five siblings, I thank Amina, whom I can have the most retarded conversations and laughs with. It is truly the little things in life that we'll miss the most – no, that was not a short joke. Thank you for always coming to the Chinese shop with me – I cherished every moment.

Most of all, I thank my parents. What in a world of billions of languages could describe their patience, selflessness, and hard work? I can never repay them for what they've done for us.

And finally, I thank God Almighty – *You are our Light.*

• • •

Welcome! Player-One – to the game of life!

There are obstacles and heartbreaks and even some boss fights.

This realm is a delusion. A fantasy with illusions.

So you must play the game right because many
players drift in confusion.

If you get stuck press the pause button and see.

The Manufacturer's guidebook contains what you seek!

The Maker will score you at the end of your days.

Goodbye for now and good luck in the game!

• • •

INTRODUCTION

. . .

Before you begin, I just want to say that this is no regular book. The wisdom inside these pages are worth millions of diamonds and pearls combined. This means you must study it well, take notes, make bookmarks, or whatever you feel will help you understand it well. Remember to feel these words so they enter your heart on a deep level, and ask God for more wisdom and guidance on the path forward – God bless your rise!

Hey warrior! Glad you are here. There is much to learn and, trust me, by God – *this will change your life*. Try to read even a page daily if you can but stay consistent. You can do this!

My name is Shiraz Hussain, and I was an aspiring lawyer at one point in my life. I even got up to studying a Master's Degree in International Law from one of the top universities in Britain; but somewhere along the bridge of learning the laws made by man, I found it had collapsed as I fell further and further into the contemplation of the laws that govern life.

What law dictates how rich, happy, and powerful a man can be? What law decides how successful a person can become? You see – everything is governed by divine law. A wise man, for instance, is not someone who is extraordinarily smart, but simply a man who understands the different laws of life.

For example, the law of karma, or reaping what you sow, clarifies that a man must work to achieve the fruits of his labour. This law is the reason nobody ever wins when they gamble because nothing was reaped to sow the prize – and the money people do win, they end up losing it cheaply.

But it goes deeper...

Why do the celebrities on our screens beam with supreme confidence and flamboyancy? Is it because they were just blessed that way? Or is it because they are following a *specific law* that other people are not following?

My continued flight into further contemplation led to experience, study, and research, and as a result, I learned the fundamental law of human success. The law that separates the weak men from the alphas, and this led to the beginning of the creation of my first book – *Purity is Power!*

The law is as follows; *purity equals power* – that is, the purer a man is in his heart, the more powerful he becomes with regards to physical, mental, and spiritual riches; and this law is embedded into the very physical structure of man.

Take a look at yourself; if you were to follow the lowest and most impure pursuits of lust, your life essence would travel *down* your spine towards your reproductive organs and be drained out of your body, leaving you weak and depleted of power.

On the other hand, if you followed your purer and higher pursuits, this life essence would travel *up* your spine and be harnessed, catapulting you towards superhuman levels of power, happiness, and success.

This supreme law is also the forgotten command of God Almighty who says many times in His last revelation that for a person to be successful they must guard, preserve and protect their private parts, or in other words, their *life essence* must be protected. It must not be squandered and spilled cheaply on impure lustful pursuits but should be harnessed and directed towards greatness. *This is the power inside man.* The power we have forgotten about.

And this may shock you, but this *life essence* I speak of is indeed your *semen* – the *Fountain of Youth within you*. Yep, you heard that right, and women have a similar substance. It is your God-gifted spiritual life essence, also known as *Jing* in Chinese medicine and *Veerya* in Indian medicine. When you harness and protect it, it flows around your body and acts as a conductor of spiritual life

force energy, the way water conducts electricity. It is light energy being gifted to you by God, and through it, you become blessed with wonderful healing and magnificent strength.

This energy that flows through your semen has many names: The Chinese call this life force energy *Chi*; the Samoans Call it *Mana* (You've probably heard The Rock talking about Mana); the Japanese Call it *Reiki*; the Hindus Call it *Prana*; the Greeks called it *Aether*. Eliphas Levi and Laurence Galian called it *light energy*, which is very interesting because Prophet Muhammed (PBUH) is recorded to have prayed many times for more *light*. In the West, however, it is called "sexual" energy. This means in the West, we are either ignorant of it, or we are being deceived from our true power as human beings to love, protect, and rise, because rather than harnessing this God-given power, we are just wasting it on sex and think nothing of it.

Therefore! This knowledge empowers a man to the legendary levels of success the likes of Conor McGregor, Bruce Lee, and Muhammed Ali have achieved – "*But we don't want empowered superhumans walking around; we need consumers,*" – says the greedy billionaire. And this is not to sound gloomy or pessimistic, but it is no secret that the world is mainly fuelled by the greed for power, and as men, we must be on top of it lest we become like fishes trapped in a matrix net.

...

"A massive amount of thinking, like a truly stupendous amount of thinking has gone into sex, without procreation. Which is actually quite a silly action in the absence of procreation. So why are you doing it? because it makes the limbic system happy, that's why."

– **Elon Musk**

...

So! – what is the most effective way we can destroy the purity and power of a man's heart so his battery remains dead and also drain him of all his life essence (semen) so he remains as docile and weak as a castrated bull in a green field? – *moooooooooooo*.

The answer is *lust*..

Lust, mainly as pornography, is the greatest weapon and the most damaging disease the world has ever suffered from. We are witnessing the castration of hundreds of millions of men worldwide. The divine masculine power to protect, lead, rule, conquer, succeed, and fight for freedom and purpose is being leached out of men, leaving us slow, pathetic, and weak. We are all supermen being drained of our power by the kryptonite of porn. Think about it, most men today can't even get out of bed, but men in the past fought in bloody battles for days – *something doesn't seem right here*.

This is because nothing destroys the purity of a man's heart like lust, and the nail in the coffin aspect of it is that it makes the man foolishly waste his life essence by draining it all out. In other words – *castration*. Back in the day, they would cut off a man's privates to neutralise him completely. Now, men are doing it to themselves because of the weapon of pornography. It's like losing all of your lives simultaneously whilst playing a video game and then the PlayStation exploding – *game over*. It finishes the man.

...

"Destroy the sex glands whether in man or beast and
you have removed the major source of action!"

– **Napoleon Hill**

...

Look at the bulls that the fearless cowboys ride. They are full of supreme aggression, power, brutality, and resistance; and this is because they have not been *castrated*! However, a castrated bull is called an ox; and do you know what

an ox does? It works in the fields; it is docile, simple, obedient, and has not even an inch of the power that the bull has. The difference is simply *castration*; and hundreds of millions of men are falling into the same fate. They are being turned from the powerful bulls that God made them to be, into weak and docile oxen all because of the weapon of pornography castrating the masses.

Lust exploits your lowest and most primal animal desire, and without understanding how to deal with these sensual attacks, the young boy has no chance against the lustful bombardment we are facing, let alone a grown man.

Disconnected from his spirit and drained of precious life essence, the man is as helpful to himself and others as a bird is without wings. By weaponizing your greatest desire – *the woman* – the world can manipulate you into draining your energy out of your sex glands by blasting you with pornography at every turn. Music, movies, the disgusting porn industry – even the GTA game has that woman in the bikini every time someone loads it up. In attacking you in this manner, your energy is drained like sucking all the fuel out of a Lamborghini so you have nothing – not even the energy to lift a blanket in the morning.

This is the reason that the world, full of its “influencers” and “celebrities,” is driven to keep you in a lustful state of ignorance. The “masturbation is healthy” pornographic culture that disguises itself as “freedom of expression” only seeks to enslave people to the lowest aspect of themselves, and in doing so, drain them of their energy at every turn so they remain weakened, demoralised, and mindless consumers. Why do they do this? Because they are either sick or evil, or both.

With this in mind, I confidently declare that pornography is the most sophisticated weapon ever invented in the history of humanity – ever!

Think about it; if you were in control, you wouldn’t want people who were powerful, creative, and driven beyond measure changing the world – heck no! You’d want people who were just strong enough to barely get up in the morning, go to work, and go home – you’d want consumers that buy from you and never question your authority. So, you blast them with pornography and make sexual

immorality widespread – giving people the illusion of freedom whilst zapping them of all their life force energy from right under their noses – that’s two birds with one stone right there.

But there is a silver lining, and it is the knowledge you will find on these pages. This book will teach you how to conquer a world that attacks your greatest and most carnal desire. You will soon understand yourself in a way that will change your life for good. You are going to learn the secrets of your *true power* as a man. We have all said it – where are the Alexander-the-Greats? Where are the Salahuddin-al-Ayubis? Where are the Muhammed Alis? Where are the kings, warriors, conquerors, and alphas of men!?

And to this, I answer – *You* are here, reading this line right now. It is you, and it is me – and the very fact that you *know* deep inside you is a monster ready to be unleashed like a thunderstorm trapped in a jack-in-the-box and change your life and the lives of your family, supports my statements. You know there is a legend – the same legend as the ones mentioned above, living inside you – and this book teaches you how to unleash him.

But most importantly, this book is for the children you will help, because it is the innocent children who are falling victim to the sickness of lust every second like helpless little lambs caught in the headlights. The repercussions of this pornographic pandemic on the lives of innocent children who, they and their families, will suffer tremendously, makes one shudder at the disturbing sight of the trap that awaits them. They don’t deserve this hell, and we can help them – we *will* help them.

All it takes to change the world is one rightly guided generation of youths – that’s it. I know we can do it! So, here’s to you warrior – let’s begin!

Kings. Will. Rise.

***“If you know the enemy and know yourself, you need not
fear the result of a hundred battles.”***

- Sun Tzu

PART 1

KNOW YOURSELF

“You can never defeat another if you know
not-how to defeat yourself.”

– Samurai Jack

LIFE FORCE ENERGY (Chi)

...

“They just don’t understand. Power is not in the muscles.
God is the Greatest!”

– **Khabib Nurmagomedov**

...

So, just what is this energy then?

It is the biggest secret we’re being kept from finding out.

Knowledge your great grandfathers would have taught you which is why they were so powerful surviving through the craze of all the brutal history we hear about. On a side note, the fact that you’re even here means your ancestors were tough, so pat on the back for that – warrior genes. But to focus on the question, your life force energy has many names as we’ve seen in the intro. It is a gift from God and travels through your life essence (semen) the way electricity flows through water, or the way fire burns through oil.

WARNING: Always remember that there is no power other than God, and that this light energy is being gifted to you by God the closer you get to Him through the purification of your own self. So, rely on nothing else but God and worship Him alone.

Studying this energy was the core of Nikola Tesla’s life’s work. At this, he said: *“The woman is the biggest thief of spiritual energy. I have always known and was alerted. I kept this energy for myself.”* Now, we don’t have to go to this level, but by taking in what Tesla had to say, it is clear that his success was down to a hidden power most of us are unaware of – another element that he harnessed by staying away from women.

In more recent times, Chrisann Brennan, the former girlfriend of the great Steve Jobs who invented the Apple iPhone, said “*he did not want to ejaculate so he could build wealth and power by conserving his life essence.*” As a human being, you have God-gifted power in your essence. You can either waste this energy on pointless lust or harness it and achieve greatness. Purity is power!

Angelo Dundee, Muhammed Ali’s trainer said that Ali’s “*secret was sexual control.*” The Qur’an and Bible stress that the successful man is indeed the pure one. Napoleon Hill’s books, “*Outwitting the Devil,*” and “*Think and Grow Rich,*” one of the most famous books on accumulating wealth, talks about *sexual transmutation*. You’ll find some of what he said in the *Famous Quotes* chapter at the end of this book alongside quotes from the most successful and famous people who ever lived, including Muhammed Ali, Mike Tyson, Gandhi, Prince, Miles Davis, 50 Cent, Pythagoras, Shakespeare, Plato, Mark Twain, and more who stressed that this was the key to a man’s success! This stuff is real, and I too, am a witness to this fact!

I have been on both ends of the spectrum. I have self-destructed into impurity, and I have elevated myself to purity like a roller coaster. So, I too, declare that this power is real, and this is why God stresses that man must preserve and guard his private parts in order to be successful (23:5). It is the command of God we have all forgotten about. This is true wisdom, and it has been spoken of for years and years. Knowledge of your hidden power in plain sight! Again:

- *The Chinese call it **Chi**.*
- *The Samoans call it **Mana**.*
- *The Japanese call it **Reiki**.*
- *The Hindus call it **Prana**.*
- *The Greeks call it **Aether***

It’s been all around you for years – Dwayne Johnson always goes on about mana – now you know why he’s the hardest worker in the room! People who sense it but don’t know what it is call it – your *energy, vibe, aura, vigour, mojo, pizzazz, spark, animal magnetism* or – they say things like, “*whatever it is, he’s got it.*”

I can go on and on:

- *Mantak Chia calls it “**Bio-Magnetic Electrical Energy**”*
- *Chemist Von Reichenbach called it the “**Odic Force.**”*
- *The famous anime “DBZ” measures the Super Saiyan energy in “**Chi.**”*
- *French philosopher Henri Bergson called it the “**Élan Vital.**”*
- *French author Eliphas Levi called it the “**Astral Light.**”*
- ***Prophet Muhammed** (PBUH) time and time again was noted to have prayed frequently for an “**increase in light.**”*
- *Laurence Galian calls it “**Light**” energy.*
- *Doctor of medicine, and psychoanalyst, Wilhelm Reich, called it “**Orgone**” energy.*

This prana, chi, mana, reiki, orgone, light energy, bio-electrical energy, or life force energy, is the energy that flows through all living things. It is what the titans of men come to realise through wisdom, and it is the harnessing of this gift that fuels men to accomplish the impossible. It is the very power you will unlock through the study of this book. It is life force energy gifted to you by God that gives you your mojo.” Your drive, character, strength, confidence, power, and magnetism come from this element inside you. We are going to learn how to connect you back to God so you can reach your true potential. This knowledge is worth an arm and a leg – literally.

It’s the number one secret to turning you into a millionaire, removing all physical illnesses, and transforming your life into a heavenly sanctuary of success, happiness, and bliss. That’s right, harnessing this energy cures most, if not, all physical illnesses. Your sexual fluid is the most healing of fluids. It is a magic potion flowing within you. Mahatma Gandhi stated in one of his books:

“If all men followed the rules of health and unbroken celibacy, the chapters of this book that would follow would not be necessary because such men cannot possibly suffer from many physical and mental illnesses.”

Perhaps when God mentions “*gardens beneath which rivers flow (3:198)*” – He is referring to the physical Heaven, but also the Heaven within man, with the human (made from Earth) being the garden, and his vital life essence being the river that flows abundantly from within.

So, semen is not just some fluid that you can waste cheaply. It is the oil that conducts the life force energy throughout your body just like electricity thunders through water. Or you could say your semen is like holy oil and your spiritual energy is the fire that burns through it. When the man becomes pure, his semen is absorbed into the body and flows all around, carrying this spiritual power everywhere like lightning, whereas a man in an impure lustful state is disconnected from God and is always draining this oil and so, he has zero energy. He is depleted. Zapped of energy. Cut off. Castrated. He can't bloom into a beautiful green tree with fruits. He becomes like a frail and dead tree with no life essence flowing inside it.

...

“Chastity is the flowering of man’ and what are called
genius, heroism, holiness, and the like, are
but various fruits which succeed it.” -
- Henry David Thoreau

...

Forget coffee, testosterone supplements, and motivational videos – all the power and drive you need is being gifted by God as this light energy, and it is flowing through your essence. Therefore, in harnessing your life essence – your semen – and in becoming pure, you attain a level of power only the kings of men come to know.

“All I have in this life is my balls and my word.”
- Scarface

The greatest use of this essence is in giving it to the woman so a new life can be created. Have you ever wondered why you are absolutely shattered after you release your essence? How you feel drained of life? Tired and sleepy? Did you know that the French called the orgasm “*La Petite Mort*,” which means “*the little death*” – interesting right?

This is because of the fact of what you’ve just done. You’ve drained a tremendous amount of spiritual energy (chi, mana, reiki, etc) in giving away your life essence (semen). Not only that, but your body now needs to use a ton of energy to make more. You’ve heard about them people that masturbate like 36 times in one night and end up dying right? Well, this is because they were draining their *life* essence. A bit of them was dying each time they drained their energy until they finished themselves off:

“A tree draws the essence from the earth. This essence is circulated throughout the tree, its twigs, branches, leaves, flowers and fruits. The shining colours and life in the leaves, flowers and fruits are due to this essence. Similarly, the semen that is manufactured by the cells of the testes out of blood gives colour and vitality to the human body and its different organs.”

– **Swami Sivananda**

This is also how ignorant we have become. Check this: A man will drain his essence and then go and buy supplements that enhance his testosterone and libido to get it back whilst wondering why he has nothing. He will try herbs and all kinds of exercises to boost his power as a man when at the same time he is unaware that he has been draining it all along. A man will also go to the lengths of injecting steroids and growth hormones, which is like draining your life essence and then injecting it back in. This is all because of how ignorant men have become. Look at the Spartan warriors, the Roman warriors, the Viking warriors, the Ottoman warriors, the Celtic warriors, and the rest. They didn’t need this stuff because they knew what they already had and they preserved it by staying away from lust; and look at how much power, confidence, charm, and ferocity they had! Their magnetism still shakes up the world to this day! It

was only when they gave in to wrongful desire that they became weak, and then enemy forces took over their empires.

...

“If you want to destroy a nation, make adultery and nudity common in the young generation.”

– **Salahuddin Al Ayyubi**

...

So, the feeling of releasing is your life essence *draining* away – everything that makes *you who you are*. All of your power and drive are dispelled. It feels good for two seconds like the last hug before your lover says goodbye, that’s why you feel empty after like you’ve lost something. When we realise our life force energy is being drained from us it really does not become pleasurable at all, rather – it feels like death. Therefore, it is crucial that we awaken to the fact that what we are draining is *actual power* itself. But, when we retain our semen, we are *retaining power and pleasure*. The feeling is Heaven. Imagine having a 24/7 flowing orgasmic feeling all over your body; yep, that’s your heavenly spiritual power. We can’t be draining this stuff!

...

“Wastage of semen brings nervous weaknesses, exhaustion, and premature death. The sexual act destroys the vigour of your mind, body and indriyas and annihilates memory, understanding, and the intellect. Semen is a dynamic force. It should be converted into spiritual energy with pure thoughts and meditation.

Those who are very eager to have God-realisation should observe unbroken celibacy.”

– **Swami Sivananda**

...

This is why lust is the greatest weapon. It makes you waste your essence by using your greatest carnal desire against you. One sperm cell can create an entirely new life! And you have hundreds of millions of cells inside you right now. What do you think will happen if you allow your body to absorb all of that? What kind of person will you become with all that creative power?

The Western world calls it sexual energy and straight away the marketing kicks in. You see how it's become *sexualised* instead of *holy* so you end up spilling it for sexual purposes? It's wordplay so you think nothing of it – *oh, it's just "sexual" energy, I guess that means use it for "sexual" purposes*. It's the same marketing trick as Bush saying we are just killing "*insurgents*" or imposing "*sanctions*" on this country.

In fact, when Israel invaded Ramallah (A Palestinian city), they blasted pornography through all of the TV stations. This made the men weak and drained of life force. Then Israel began the invasion and had huge success in their operation – because of this weapon called *pornography*.

...

"Those who understand ejaculation know it grossly exploits every gland and organ. With ejaculation, the internal pressure of life is expelled. Leaving behind sex obsessed men with just enough life force to hold a newspaper, squeeze food through bowels, and make it to a psychiatrist's couch."

– Mantak Chia

...

In a nutshell, men and women have a watery oily substance. With men, it is called semen, and with women, I don't know the name, but its function is the same. One thing is for sure, it is not some waste substance or simple water like you've been made to believe.

This oily transparent substance acts in the same way that oil does to fire. It is the fuel for the spiritual fire within you. It is your essence! This means it needs to be harnessed and it needs to travel up the spine rather than be spilled and drained at every turn.

Ultimately, the very substance that was used to bring you to life is the same substance that is used to give you more life. You can never rise to greatness if you do not harness this fuel. No number of motivational talks can make a Lamborghini without fuel move even an inch on its own, and the same principle applies to you. We have fuel and the fuel is semen.

If harnessed, the person will live in health, abundance, strength, prosperity, power, and Godliness for all their days to come. It is the fountain of life within. But if drained because of sin and immorality, the person will be drained and weak. Lacking strength and vigour; full of disease and imbalance.

The act of sex itself is a very powerful and holy blessing that God gave two people who are married. The purpose is to create a new life, not to use other people's bodies to masturbate and then discard them like dirt. It is a wonderful gift between two people who are bonded in matrimony in order that they may share intimacy and love, but we have really treated it all like a joke.

We need to learn the truth once again and harness this power within so that we can rise to true strength.

In the next pages you will understand the difference between life essence, life force energy, and the source of where all of this power is coming from. Ancient Chinese medicine explains this in the best way with the understanding of what is known as *Jing and Chi*.

1. **Jing** is your life essence, or semen
2. **Chi** is your life force energy that flows through the semen.

Below they will be explained in more detail for you:

1. Jing – The Sacred Oil (SEMEN)

Jing (The Seminal Fluid/Semen): This is your holy oil, and is the substance that carries the sperm cells in men. It is the slip-and-slide stuff made to transport the sperm cells to the destination. It is secreted by men, and women have the same type of oil. This is the *Fountain of Youth* within all human beings:

“Semen nourishes the physical body,
the heart, and the intellect.”
– **Swami Sivananda**

...

The sexual glands are all the time secreting semen.
This secretion should be utilised for enhancing one’s
mental, physical, and spiritual powers.”
– **Mahatma Gandhi**

You must take powerful steps towards purity in order to contain it and never put yourself in a position to allow it to spill. For example, even by engaging in something lustful, like peeking at a sexual image, your body will release this fluid prematurely.

This is a no-go! You must stay pure, so it goes up your spine rather than down and out. Purity is power. If I can get you to drain it. I’ve finished you. There is no battle you could fight against me. If I can get you to drain your semen completely, you’re finished as a person:

“Ask Muhammed Ali! – If he ejaculates, he can’t fight
two minutes. Sh*t, he couldn’t even whip me...
You give up all of your energy when you
ejaculate. I mean, you give up all of it!”
– **Miles Davis**

“The vital sexual energy is what creates life! – Literally. When you expel this vital sexual energy in short-term sexual acts, you do not allow the life energy to build inside of yourself. When you do not participate in short-term sexual relationships you allow this tremendous energy to build within you and give you incredible vitality and inner life!

-- **Victor Pride**

“The generative force is the most precious thing. For the human body that contains it, lives, and the body without it dies; because it nourishes and preserves the root of nature and life.”

– **Taoist Yoga (p33-p34)**

Below is a passage taken from the book, *Practise of Brahmacharya*, by Swami Sivananda. It provides a valuable insight to the power inside you:

“My dear brothers! The vital energy (semen) that supports your life, which is the Prana of Pranas (prana = life force), which shines in your sparkling eyes, which beams in your shining cheeks, is a great treasure for you. Remember this point well. Semen is the quintessence of blood...

“According to Ayurveda:
Semen is formed out of **food**.
Out of food is manufactured **chyle**.
Out of chyle comes **blood**.
Out of blood comes **flesh**.
Out of flesh comes **fat**.
Out of fat comes **bone**.
Out of bone comes **marrow**.
Out of marrow comes **semen**.

Mark here how **precious semen** is! It's the **essence of essences** . . .
coming out of the very marrow that lies concealed inside the bones.

Semen is found in a subtle state in all the cells of the body. Just as sugar is all-pervading in the sugar-cane, butter in milk, so also, semen is pervading the whole body. Just as the butter milk is thin after the butter is removed, so also, semen is thinned by its wastage. The more the wastage of semen the more is the weakness. So, brothers, **preserve your semen with great care...!**"

"Some people are so passionate and weak that even the thought or sight or touch of a woman causes discharge of semen. Pitiabile is their lot!"

– Swami Sivananda.

...

2. Chi – The Life Force Energy

"My father was familiar with the term "Chi." He talked about energy within the realm of one's own vital life force. The ability to create, to move, to accomplish, to motivate, to will... he talks about it in terms of a creative and spiritual force he can feel inside him, and in terms of not wasting this force but using it for good."

– Bruce Lee's Daughter, Shannon Lee

SUMMARY: Your sexual nature is a beautiful gift from God. Your private parts contain spiritual energy (CHI) that builds within you if you purify and protect your chastity. But if you use your gift to lust and abuse the bodies of others, your energy gets drained, leaving you weak and broken. This life force energy flows through all things and can be better known as love energy or light energy from God.

"Tell the believing men to lower their gaze, and protect their private parts. That is purer for them. Verily, God is All-aware of what they do."

– The Holy Qur'an (24:30)

BENEFITS OF PURITY

...

“Semen is the light of the eyes and
the marrow of the bones.”

– **Malik Ibn Anas**

...

Following God’s command by purifying your sexual nature is the ultimate triumph as a man because it brings you closer to God, and the closer you are to God, the more life force energy God will gift you. So, when you harness this energy, you will develop tremendous power – *TRE-MEN-DOUS!* I can’t explain how a piece of candy will taste. You will have to taste it to know. This is the same. I can only explain as much as I can. But the truth is, the power is indescribable. And this is how a human being is supposed to feel, so to call them benefits seems a bit weird, but hey, we live in a world where draining our essence is seen as healthy and normal, so I guess we can say these are the benefits of returning to a truly healthy lifestyle. Napoleon Hill spoke of the immense benefits in his book, “*Think and Grow Rich*.” He states:

“Sex desire is **the most powerful of human desires**. When driven by this desire, men develop **keenness of imagination, courage, will-power, persistence, and creative ability** unknown to them at other times. So strong and impelling is the desire for sexual contact that men freely run the risk of life and reputation to indulge in it. When harnessed, and redirected along other lines, this motivating force maintains all of its attributes of keenness of imagination, courage etc... which may be used as powerful creative forces in literature, art, or in any other profession or calling, including, of course, the accumulation of riches.”

– **Napoleon Hill.**

Now, it is from my experience that the benefits mentioned by Napoleon Hill are just the beginning – yes, I said it. When we truly grasp who it is that is providing us with this power, which is exactly what you will learn later on, the benefits of chastity become an ocean of impossible possibilities. The blessings that enter into your life are mind-boggling and truly make you understand how men like Muhammed Ali achieved such legendary ranks.

...

“God will provide for him from sources
he could never have imagined.”
– The Holy Qur’an (65:3)

...

Although all attempts to describe the indescribable benefits of chastity are futile, Jay Onwukwe in his book “Sexual Transmutation” makes an awesome attempt to try to explain what happens to the celibate warrior. He states:

“Transmuted sexual energy becomes:

- The **fire** in the general’s eyes;
- The **melody** in the singer’s voice
- The **flow** in the author’s pen
- The **warmth** in the teacher’s voice
- The **sprint** in the athlete’s feet
- The **firmness** in a handshake
- The **healing** in the pastor’s hand
- The **radiance** in the master’s face
- The **eloquence** of the orator
- The **charisma** of the statesman
- The **genius** of the professor
- The **charm** of the lover
- The **acumen** of the businessman
- The **doggedness** of the champion
- The **creativity** of the artist
- The **equanimity** of the adept.”

The benefits of purity I experienced are as follows:

- Awakening
- Zero fear
- Zero anxiety
- Glowing skin
- Zero depression
- Creative genius
- Empathic abilities
- Physical strength
- Supreme confidence
- Charisma and charm
- Wide and clear eyes
- Able to work for hours
- A fierce glint in my eyes
- A bounce in my step
- Magnetism and respect
- Deep commanding voice
- FLOW STATE UNLOCKED!
- Connection to the real me
- Clarity of heart and mind
- Elite boxer levels of stamina
- Up to 5 hours of sleep needed
- A dangerous hunger and drive
- An unending state of ecstasy and bliss
- Commanding deep and powerful voice
- Other-worldly levels of physical strength
- Deep connection with people and nature
- Wonderful and meaningful lucid dreams
- Blessings entering from every corner of my life
- Ability to see through the deception of the world
- Cataclysmic levels of energy, physical attraction and mental fortitude.
- God-realisation (connection to God/ ability to see and feel God's presence with my heart)
- Physical health problems disappeared (had a toenail fungus issue that the doctors said would go in about a year. I entered the realms of celibacy and it went in a week!)

God is speaking the truth when he says that there will be no fear or grief for those who follow this guidance. It's literal. There is no suffering for a pure man. Only bliss.

"Whoever follows My guidance – there will be no fear concerning them, nor will they grieve."
– **The Wise Qur'an (2:38)**

...

The list is not exhaustive as I am still discovering the immense benefits of protecting my life force energy, but it is still impossible to put it into words. I never knew this was possible! But this is the way I now understand it; there are two Heavens, the one inside us and the physical Heaven outside. It doesn't matter how beautiful the outer physical world is, because if we do not reach the Heaven on the inside, we can never be happy. The way of purity calls us to the inner paradise, and because it keeps getting better, there is no telling how much true pleasure we can truly feel in the internal Heaven.

It feels as though my heart was a broken tractor engine before, sputtering, rusting away, and barely giving me enough power to get out of bed. Now my heart literally feels like the engine of a 50,000 BHP monster truck constantly revving. My heart feels like the Incredible Hulk roaring all day. All I can do now is work to spread the forgotten command of God so you can also feel the same!

We will now delve deeper into the damage sustained by indulging in lust. This will help us understand the terrible and immense consequences of it, as well as what exactly needs repairing in order to become free. It will also strengthen your hate-muscle against lust, so keep reading soldier!

WARNING: Always remember that there is no power other than God, and that this light energy is being gifted to you by God the closer you get to Him through the purification of your own self. So, rely on nothing else but God and worship Him alone.

TEACH YOUR SONS AND **DAUGHTERS!**

It is our duty as elders to inform our young children about this BEFORE the devil starts teaching them his lies in society. If you don't teach them God's truth, then the school, media and society will lead them astray.

We must teach them about God's design and how our sexual natures are to be loved, guarded and protected like precious pearls.

And if they ask how can such a powerful nature be controlled and protected, especially when pornography and sexual immorality is everywhere, then you will teach them the Forever Pure Method, which is simply to fight the spiritual battle that is going on around us.

More about the method will be discussed later on in part 2.

But this is one of the most important duties of parents.

If you want your children to be successful, you MUST teach them the importance of guarding their private parts and keeping their virginity and sexual purity safe until marriage.

Uplift them always and make them feel honoured to be God's creations. Make them follow your example of lowering your gaze and inspire them with the righteous path as early as possible so the truth always sticks with them through life.

They need to see a beautiful example of righteousness to be inspired for life, like a kid would see Mike Tyson and be in absolute awe. That's how you must be an example of how beautiful the pure path is. Let them see you and the follow your lead!

THE DAMAGE OF LUST

...

“This destroys families, it destroys your heart. it will put out your inner eye. You will not be able to have any spiritual experiences.

Your heart will become like a vessel that can't carry any good.

Porne in Greek means prostitutes, and one of the tribulations (of the end times) is the faces of prostitutes.”

– Hamza Yusuf

...

Sexuality is a BEAUTIFUL gift from God, but when we abuse this gift by being immoral with it, it can damage us and our families beyond belief. You probably already know by now that sexual immorality, especially in the form of pornography is an incredibly effective weapon to trap and shut you down. It uses your greatest animal desire against you in maelstrom levels of intensity and over-exaggeration. You might be at the front lines of all the damage or at the back. Either way, let's take a deeper look at what kind of injuries have been sustained in the gross participation in this widespread disease. Imagine the dashboard of a car. I will now light up some of the main faults that have occurred in you:

Why is Lust so Destructive?

Lust is a severe crime like murder. The correct definition of lust is: *Necrophilia*

Necrophilia is when a person will feel pleasure from having sexual contact with a literal dead body – this is lust. It is when you kill the soul of a human being, have your way with their body, and then discard them as though they are nothing. They become dead sex dolls for your own amusement. It violates the holy nature of a person and turns them into a rag doll to be abused. Look at how serious this is. Look at what hundreds of millions of men are doing to our

mothers, daughters, and sisters! This is not what your sexuality is for! Porn actresses are made in this necrophilia-type way. To be as dead as possible to the consumer. They are given fake sex names, not allowed to have a personality, only speak when it's sex noises, and are forced to do all kinds of disgusting and abusive things that are as far away from humane as possible. Look at what women have become. What the eyes of men are turning her into. So never forget. Lust is *necrophilia*. It needs to go.

What the “Actresses” are Really Going through

I won't give a detailed account of the true feelings of women on porn sets, but I will say this – *we think relapsing is painful*. But the truth is, we cannot imagine the type of hell she is going through before, during, and after the porn scenes. Sex is about love. Porn is the complete opposite! So, the women are simply acting! During these scenes, she may look as the consumer may want to see her, but she is dead inside. Her body and face are doing one thing, but her soul is burning in agony – you can see it in her eyes. The high rates of drug abuse and suicide in this industry show the extent of emptiness they suffer from..

All the actresses need painkillers to numb the physical pain of being abused; and alcohol and drugs to numb the emotional pain they feel as women who seek love. Chris Hedges interviewed many of ex-pornstars in his book, *“The Empire of Illusion:”* It speaks in detail about what these poor women go through. They get fooled into it at a young age, or even forced into it through sexual trafficking and exploitation, and then lose their souls in the process. Most suffer from PTSD and tremble in total terror when they remember what they were made to do.

Every single one of them are in a hell we could not even comprehend if we tried. We need to help our women. Lust and the porn industry must die.

Lust And the Consciousness Level

Lust puts a man in an animal level of consciousness where he can no longer see the souls of human beings, rather, all he sees is flesh to abuse. Lust makes him see through the eyes of sex rather than through the eyes of love, and this makes him emotionless and unable to connect to the souls of others. As a result, he becomes lonely, perverted, and afraid.

This is what the weapon of pornography does. It turns a man, who is supposed to be the *representative* of God on Earth, into the lowest of the low. It turns lions into rats, scurrying within their comfort zone, afraid to leave and driven by fear. But when we begin to heal, our consciousness levels will rise, and this means we will begin to see the world as it is. You will no longer see women as objects, but you will see her soul. We will recognise them as angels who need our love and protection instead of lifeless dolls to be exploited for sexual pleasure.

Moral Implications

To give you an idea of how bad it is, imagine you are the “influencer” selling yourself as a sex object online. Now look at all your followers overflowing with potential. You are turning them into lustful monsters; feeding off of their energy, time, money, and attention and fooling them into wasting their life force with manipulation and deception. If we step back and look at what is happening. It’s a demonic ritual where millions of men worship this sex object and waste their life essence in the process day in and day out.

Look at what it’s doing to us as men.

Look at the young women that are being brainwashed into this lifestyle of lust. It’s turning free human beings into zombies. Contemplate on society as a whole and what this is doing, but try not to get depressed because it’s deep.

The Dopamine System

Dopamine is a pleasure chemical. Whatever action you think to be good will get rewarded by the dopamine chemical before, during, and after you have done it.

This means you get a shot of dopamine during the lead-up to the task, during the task itself, and you get another shot after you have completed the task.

Once you feel the rush of dopamine, it will motivate you to do that same thing again because your brain craves that same rush.

For example, when someone plays Call of Duty and wins a game, they see it as awesome, so the brain rewards them with a rush of dopamine. This motivates them to play another game in order to get that same rush.

When someone finishes a set of squats at the gym and feels like they have done something good, they will get a rush of dopamine motivating them to do it again because they want to feel the same rush.

From the two examples above, we can see that dopamine can come from a *purposeless* activity (unless gaming is your job), or a *purposeful* activity. The purposeless activity comes from the desires of the body, whereas the purposeful activity, like going to the gym, comes from the heart. So, the question is, why don't we just get our dopamine from following our hearts?

The answer is in the two types of gratification.

It is much easier to get our dopamine pleasure/reward chemical from following the body rather than the heart. This is because, when we look at purpose, the heart is after the bigger things in life and this requires work.

So, in order to receive dopamine from following the heart, you would have to put in some kind of effort to reap the rewards. This is known as *delayed* gratification where pleasure is delayed due to the effort needed to get it.

Look at this book, for instance. The smaller paragraphs are easier to read for that quick rush of dopamine you need. The larger paragraphs seem harder to finish. We will always choose the quickest way to pleasure. It is how we've been conditioned in this fast-moving society.

And look around. Dopamine is everywhere. In today's society, you can secure yourself with instant pleasure, which means you can be rewarded with dopamine without doing any work, and let's face it, in the world we live in, especially in this craze of consumption, nobody wants to put in any work.

Think about it, why should a person work and build his empire and attract a beautiful female when there are millions and millions of them waiting at the touch of his finger on his mobile device? And the fact that lust is blasted everywhere in an incredibly overexaggerated way doesn't help either. We live in a society that idolises lust and immorality – *here mate! An explosion of dopamine for you! Numb down your brain, forget about hard work; just relax and consume!*

This abuse of our dopamine system leads to numbness towards life alongside the lack of drive to do anything productive. In other words, pornography abusively spikes the dopamine system to critical levels; and because the threshold for pleasure is now extremely high, everything else in life becomes dead and unenjoyable. In short, porn drains the colour out of everything in life, leaving brain-dead men freaking out women because they aren't even able to articulate a simple, enjoyable conversation.

This is why consumers of pornography will dive into more extreme forms of it. For example, with porn, it starts off with one picture, then softcore; then more extreme forms of porn. Now the consumer has moved on to the crazy-weird material, and now sickening searches begin taking over. The man keeps going in this way because he is desensitised and needs to exceed the dopamine limit every time in order to feel something. If the man keeps going like this, we then see on the 5 o'clock news how paedophiles, rapists, and even many sexually-confused people are created. It is no surprise that ever since the early 1900's when porn was introduced, the amount of homosexuality started increasing with it. This is why I believe, according to the positively correlating evidence, that most of the

sexual issues we face in society are because of the disease of lust and pornography.

In any case, this explosion of dopamine is similar to the rush that comes from ingesting cocaine or heroin into the system. In more concrete terms, our dopamine systems are fried worse than an overcooked kebab. Therefore, there is no want to go out and get things done; no enjoyment of the beautiful little gifts in life; the person is simply fried in the head like a zombie.

Let's look at it another way. When you were young, everything was in colour, beautiful and vibrant. This is you getting your dopamine from everything in life. Then pornography came along and, slowly but surely, all of the colour in life drained away. Everything is now a dull grey, and the only thing that is seen in colour is lust and pornography. It is this unnatural abuse of our dopamine systems that has caused life to lose its colour; but good news because we are going to restore it all back!

The Limbic System

...

"A massive amount of thinking, like a truly stupendous amount of thinking has gone into sex, without procreation. Which is actually quite a silly action in the absence of procreation. So why are you doing it? because it makes the limbic system happy, that's why."

- Elon Musk

...

This part might blow your mind. The limbic system of your brain is responsible for behavioural and emotional responses associated with survival – so hunting-caveman stuff. It is the animal side of your brain and seeks to keep you safe by focusing on feeding, reproduction, and fight-or-flight responses. Now! Your limbic system, I'm sorry to say, thinks that the pornography and everything else

on the screen that you have been consuming is actually real. In other words, if you look at pornography, there is a part of you that believes you have thousands of women sleeping with you and you're some sort of Genghis Khan woman conqueror. This part of you is not rational and so it doesn't know that what's really going on is actors on a screen and a helping hand.

What does this mean? Well, for one, it's warped the living heck out of the way you see yourself and reality. For example, have you ever passed by a woman on the street and couldn't stop thinking about her all day? I mean, you don't even know her, so why are you freaking out? Well, when you passed her, a part of your brain is saying, "hey! I'm Genghis Khan. Why did that woman not recognise me? Shouldn't we be sleeping with her?"

– God help us all...

Do you see? This part of your brain is living in an illusion and thinks that the woman should have bowed to you immediately, and because she didn't, you feel your falsified king-status decrease. This is why you keep thinking about her all day. Your arrogance has been hit because of this over-exploited part of your brain. It basically thinks you own all women. The Limbic System has been damaged to such an extent that it sees all women as a means for your own desire. They are just objects to use for the purpose of reproduction, pleasure, survival, and territorial status. This is what pornography does! It gives men the *illusion of freedom*, and this is one of the ways it does it, by getting men to believe they are conquerors of women when in reality, women conquer them. I'm not saying that this is what you believe because, of course, it isn't true. You see women for what they are deep down. But whether you like it or not, there is a *part* of your brain that sees women like this and pornography is the reason.

But don't worry! We will deal with all of this. For now, we are getting an understanding of the injuries sustained by watching pornography and engaging in all kinds of sexual immorality. It will make you hate it more which is what we want!

Wastage of Life Force

...

“When the average male ejaculates, he loses about one tablespoon of semen. According to scientific research, the nutritional value of this amount of semen is equal to that of two pieces of New York steak, ten eggs, six oranges, and two lemons combined.

That includes proteins, vitamins, minerals, amino acids, everything... Ejaculation is often called ‘coming’. The precise word for it should be ‘going,’ because everything – the erection, vital energy, millions of live sperm, hormones, nutrients, **even a little of the man’s personality goes away**. It is a **great sacrifice** for the man, spirituality, mentally, and physically.”

– Dr. Stephen Chang

...

If I was to explain all of the detriments of losing your life force it would take 5000 pages – literally. Think about a huge oak tree with luscious fruits and beautiful dark green leaves. Zoom in to the strong trunk and turn on your x-ray vision; you’ll be able to see the abundance of life force energy inside the tree flowing from the earth up the roots, into the trunk, and into every leaf. It will look like a river of magical light fuelling the magnificent growth, vibrant beauty, and mountain-like strength of the tree. This internal essence is what is causing the tree to bloom. *In the same way, your life essence within is what causes you to bloom.* Now remove this flowing river of life. Take away the tree’s essence flowing from within and what do you have? The tree will start to wilt and become frail. The wonderful colours will start to fade and deaden. The leaves will fall off and the fragile branches will shrivel up. In time, the broken gloomy tree full of despair, depression, disease, and anxiety will represent something out of a nightmare; soon to erode into the winds of premature death.

“Eminent doctors of the West say that various kinds of diseases arise from the loss of semen, particularly in young age. There appear boils on the body, acne or eruptions on the face, blue lines around the eyes, absence of beard, sunken eyes, pale face with anaemia, loss of memory, loss of eye-sight, short-sightedness, discharge of semen along with urine, enlargement of the testes, pain in the testes, debility, drowsiness, laziness, gloominess, palpitation of the heart, dyspnoea or difficulty in breathing, phthisis, pain in the back, loins, head and joints, weak kidneys, passing urine in sleep, fickle-mindedness, lack of thinking power, bad dreams, wet dreams and restlessness of mind.

Mark carefully the evil after-effects that follow the loss of seminal energy! Persons are physically, mentally and morally debilitated by wasting the seminal power on so many occasions for nothing. The body and the mind refuse to work energetically. There is physical and mental lethargy. You experience much exhaustion and weakness.”

– Swami Sivananda

...

What more can I say other than you lose your frigin’ bone marrow when you ejaculate... You must think of it as giving away a bit of your life and soul each time you release that tremendous amount of life energy (*Chi*).

“A man asked Pythagoras when should a man have sex with a woman, he replied, “when you want to lose what strength you have.”

– Pythagoras

“A man gives up all of his personality when he uses himself merely for the means of the gratification of an animal drive.”

– Immanuel Kant

Hormonal Imbalance

Blasting your mind with pornography causes the adrenal glands to secrete adrenalin into the bloodstream, and then secrete cortisol after you become stressed right after. This leads to adrenal exhaustion or adrenal fatigue.

This is why there is so much brain fog, anxiety, physical fatigue, as well as tons of skin problems and depression.

Your hormones are all over the place, imbalanced, like the water levels of the sea rising and destroying the land, leaving all kinds of disasters behind.

Combine this with the mind-numbing explosion of dopamine and it's safe to say we have seriously done ourselves in – like, hats off for what a weapon this is.

The Death of Virtue and Masculinity

...

“It guts your soul.”
– **Nouman Ali Khan**

...

It drains your testosterone, which is all in the semen. Everything that makes you a man is in your semen. So, lust emasculates men. It turns them into vile perverts with no drive, purpose, energy, or ability to feel and give love.

This is the reason why women in the West have become more masculine in their personas. It is the fault of us, the men. Lust has turned us into boys. Women sense it, and they're really mad.

Social Anxiety

This one takes the cake. When a man watches pornography, he is looking at hundreds of women in under an hour on average. All of them faces staring back at you from a screen. Imagine a month of porn consumption. Thousands and thousands of shameless faces staring at you through a screen.

Now, imagine what his state will be if he goes out in public. How much anxiety do you think he will feel? Not only because of the shame involved but also because he's been falsely connecting to thousands of staring eyes through the screen which makes him think that the thousands of eyes in the real world are also staring at him.

The man will now think people are watching him. He may become extremely self-conscious as a result. This, I believe, is one of the major reasons for social anxiety in today's world. So, if you have social anxiety and you watch pornography, you now know why you are suffering from it.

Hijacked Hemisphere

This one will shock you more. Your brain has two sides. One is called the right hemisphere, and the other is called the left hemisphere.

The left hemisphere is responsible for technical things like speech, maths, and work – robotic-type things needed for everyday life. The right hemisphere is responsible for art, imagination, creativity, wonder, and the like thereof.

The problem is, people haven't noticed that their right hemisphere's have been hijacked and filled with something else. In other words, our right hemispheres are not filled with our own imagination like it's supposed to be. Rather, it is filled with the media. TV, radio, music, movies, entertainment, and pornography. This is the right hemisphere of the average person.

So, what does this mean?

It means that half of our brains are not even ours – it's been hijacked. When was the last time we let our imagination sore? Where is your imagination now? I mean, the one you had as a kid? – *hijacked*, because when we try to use our right hemispheres, all that pops up are porn scenes, fight scenes from movies, and music from the local radio station. Crazy right? Half of our brains hijacked like a car in a Grand Theft Auto game, and no one has noticed that their ability to imagine has vanished. Ponder over this for a quick second and don't worry! We will learn how to fix all of these problems – and trust me, you're in for a treat once you feel the power of a fully operational and healthy right hemisphere.

The White Wolf

During my journey, I read an amazing fantasy book called “Daughter of Smoke and Bone” by Laini Taylor. It truly made me realise the difference between lust and love. You see, there was a great magical ball outside a beautiful palace and the dancefloor was full. This was the type of elegant dance where they would switch partners.

The main character, a woman named Karou, was being switched between two men, an angel, and a white wolf-man. The White Wolf, a powerful man-beast, was ravenous. When she switched to dance with him, she became fearful. His tongue reeked with lust, and his eyes burned with emptiness. He tore her dress with his claw and actually believed she liked it. All the White Wolf wanted was to take. To consume. To devour. To lust. It was the vilest and most heart-wrenching thing I ever read because with every line I stumbled with disbelief – *I'm not the White Wolf am I? No! I can't be like that?!*

The truth is – we are like that. If you watch pornography then you are contributing to all the darkness in the world, and this is what broke my heart. Watching it turns you into the White Wolf, and even though your face might be a poker expression when you watch it. Inside, the White Wolf grows. His vile tongue sticks out and his eyes become wider with more want. Reading that made me break inside. We can't be like the White Wolf. In my heart, I know we are

better – like Akiva. When it was time to switch dance partners again, Karou was relieved because she was back in the hands of Akiva the angel. The angel was an alpha. He immediately began to give rather than take. He asked her immediately what was wrong. He was protective and held her delicately with care. He burned with fury when he realised that the White Wolf had torn her dress.

This is the difference between love and lust:

- *Love heals; lust destroys.*
- *Love inspires; lust deadens.*
- *Love energizes; lust combusts.*
- *Love illuminates; lust darkens.*
- *Love means to give, and lust is to take.*
- *Love is ennobling; lust is degenerating.*
- *Love embraces truth; lust embraces lies.*
- *Love is harmonious; lust is discordant.*
- *Love brings peace; lust brings conflict.*
- *Love fills and sustains; lust cannot be satisfied.*
- *Love builds and strengthens; lust destroys and weakens.*
- *Love is intimately connected with promise; lust finds its home with pride.*

Real men want to protect, honour, and give. This is love. Love is so much more – and it is this more than anything in our world today that women need. Man's lustfulness is why women have embraced masculinity. It's because they've lost hope in true manhood. The key to fixing all the problems in today's world is to change the way we treat women, and this means we must destroy lust. Pornography is the absolute violation of womanhood and the total castration of masculinity. So, I say down with the disease of lust forever! – Amen.

ALL IN ALL, shameful deeds turn you away from God, and when you turn away from God you turn away from Heaven, and so your life becomes HELL.

THE EIGHT DAUGHTERS OF LUST

St. Thomas Aquinas lists what he called the *Eight Daughters of Lust*. These daughters are *specific evil* qualities that develop in a person when they do not protect and embrace their sexual nature but use it to violate others:

1. Blindness of Mind: Lust enslaves a person to animal desire, and this means their intellects become blind.

2. Thoughtlessness: Lust brings about a lack of shame about one's actions the more you engage in it. It ruins the thinking power and makes one sloppy in moral decisiveness.

3. Inconstancy: Lust destroys your power of persistence in your ability to stay constant on one thing.

4. Rashness: Lust makes us act hastily and impulsively because of the lack of control over one's self.

5. Self-Love: Lust makes a person selfish and vainglorious, in love with themselves, and always focused on how they look to the world. It inflates the arrogance to tremendous heights of arrogance.

6. Hatred of God: Lust makes us develop a deep hatred for God because we believe God is trying to stop us from engaging in our filthy, lustful, animal desires. The avoidance of the shame of lust also turns us dark in every way, leading to this hatred.

7. Love of this World: Lust makes us run to this world, which blinds us even more. It makes us chase it like zombies running after meat.

8. Despair of the Afterlife: Lust makes a person terrified of death, Judgment Day, the meeting with God, as well as the very thought of the afterlife.

That sums up the damage. Now let's move on to the *Three Pieces of You*. It's time to understand what you are so you can achieve total mastery!

THE THREE PIECES OF YOU

...

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power."

- Laozi

...

This is some seriously heavy stuff you're about to learn, so I hope you're excited! Welcome to the three pieces of you!

The Three Pieces are:

1. **Your SOUL:** This is you. The conscious mind and will.
2. **Your BODY:** This is the vehicle you are living in.
3. **Your HEART:** This is your inner temple.

Knowing the three pieces will not only increase your understanding of addiction and how to break free, but also catapult your wisdom to mountainous levels. When you truly understand how you work, that's when half the war is won, and that's when you'll never be the same again. It's quite sad that most of us walk around not knowing how we work, but not you, my friend; you're about to find out. Let's now take a look at the three pieces of you in detail:

1. Your Soul

...

“A lot of people... have a problem being true to themselves. They have a problem looking into the mirror and looking directly into their own souls. The reason I can sell 6 million records; the reason I can go to jail and come out without a scratch; the reason I can walk around. The reason I am who I am today is because I can look directly into my face and find my soul.
It's there, it's not sold, I didn't sell it, I can still feel it!"

— **Tupac Amaru Shakur**

...

Known as the “*Nafs*” in Quranic Arabic, and the “*Nefesh*” in Biblical Hebrew, the soul is *You* – right now. It's the *real* you! It was fashioned, weaved, and “proportioned” by God (97:1), and it's what you really are inside the body.

The soul is the driver of the body; the one on the inside making all the moves, good or bad. It's *you*. The soul is your mind, will, and personality. *It's the real you that's present right now, and is INFINITELY small, weak, and reliant on God for EVERYTHING:*

The soul is the one
experiencing all the blessings and
gifts given by God Almighty.

The soul is what must be purified before you leave this Earth, otherwise you will take all the crap with you and you don't want that. If you feel your emotions around your whole body then you'll be feeling your soul. A soul blessed with light energy is a purified one close to God, but a heavy soul full of shame, lust, fatigue, anger, and sin, is a soul that needs help. Therefore, true strength is not in your muscles but your soul, and the soul's strength is determined by its closeness to God Almighty through the process of purity.

2. Your Body

...

“You are a little soul carrying about a
corpse, as Epictetus used to say.”
— **Emperor Marcus Aurelius**

...

If we look at you, the soul, as the driver, then the body is your vehicle. The body is a machine that is hardwired like a mammal. Survival, territory, reproduction, shelter, food, and other animal desires are its chief concerns on a primal level. You, the soul, use the body to move around and experience physical life with the *five senses*.

Whatever you consume via the five senses of touching, tasting, hearing, seeing, and smelling, goes directly into the heart and gets stored. So, you, the soul, are constantly downloading things from the outside world into your heart with the five senses of the body.

Again, you are not your body; *you are the soul living inside the body*. This body has impulses, and if you, the driver, are not in control of them with God’s help, you become the body’s slave. You, the soul, get trapped and tied up in the back seat whilst the body takes *you* for a spin.

This is the autopilot zombie-like state we see most of society in where the people have become spectators or NPC’s (non-player characters). Just wandering souls buried inside all the consumption.

Important reminder: The body is not the enemy. It is your friend. Your gifted machine. It is only because of how weak you have made it that it might seem *like* an enemy. It just needs to be tamed like a wild horse.

3. Your Heart

This is a big one. The soul is you. The body is the vehicle you are in, and the heart is the *internal home* of the soul. It is a vessel/ temple made to love God.

The heart is: Your temple/ your inner eye. It is designed to act as a place of worship *like a mosque, temple, church, synagogue, or whatever you'd like to call it*. This means every human being is designed to give their hearts to something in worship, which of course is God, but although some people idolise porn, drugs, football clubs, celebrities, cars, themselves, and this world, the truth is the heart was made for One God, and we are all slowly realising this as our hearts keep breaking.

And how do you give your heart to something in worship? *You give your heart to something by placing your love, hope and faith in that thing.* Once you do this, that thing becomes your master, which is why God warns us to only place our hope in Him alone so we can be free. This also means whatever is in your heart will be what you become like. A porn-filled heart will reflect a weak man, but a heart filled with God will reflect a godly-man of tremendous character and strength:

"For what is a man? A man is his heart. A lying, cheating heart means a lying, cheating man. A merciful heart means a merciful man. A living heart means a living man. A dead heart means a dead man. Regardless of a man's title ... race ... wealth or position, if the heart is not great then he cannot be great. But if the heart is great that man remains great under all circumstances – rich or poor, large or small, it is only the heart that makes one large or small."

– Muhammed Ali

Here's the amazing thing, God is the only "*Light of the Heavens and the Earth*," so if you give your heart to God, your heart is filled with light, and this is where all the legendary benefits kick in; but if you give your heart to the world then your heart will be without the light of God, so it will be pitch black in there; and can you tell me what happens in the dark? You're paralysed by fear; you can't

move because you're frightened, and this is the spiritual darkness of anxiety, fear, addiction, and lust that all our hearts are in now. Does it make sense? The heart that knows God is filled with light, and in the light you can see, can't you? This means your heart will be able to see the reality of God in the world! But the dark heart is "*deaf, dumb, and blind*," because it turns away from God:

"It is not the eyes
that are blind. It is the hearts."
- **The Holy Qur'an (22:46)**

"Purify your heart and you will see God."
- **Imam Ali**

Another beautiful thing is that the Light is always calling you via inspiration. You can feel it deep inside your heart, a moral-compass, or guiding light, trying to make you walk the right path. If you were to place all of your hopes in what this inspiration is saying, then you will reach the gates of Heaven – God-willing. This is why everyone around you says, "listen to your heart," "follow your heart," and "Wherever you go, go with all your heart."

"Our Lord is the One who has given
everything its form, and then guided it. "
(via inspiration and other ways)
- **The Holy Qur'an (20:50)**

But Satan wants to fill your heart with darkness, and he does this with eye-catching marketing and fancy illusions in this worldly life. It's all because Satan does not want you to discover the light of God, because once your heart is filled with the light of God, all addiction, fear and misery fade away forever and you rise higher than you can ever imagine. This, in turn, makes you a formidable force in the world as your light breaks everyone else free as well.

UNDERSTAND THE WAR YOU ARE IN

“Don’t be fooled by the internet. It’s cool to get on the computer, but don’t let the computer get on you. It’s cool to use the computer, but don’t let the computer use you. Y’all saw The Matrix. There’s a war going on. The battlefield is in the mind, and the prize is the soul.

So just be careful. Be very careful.”

– Prince

The war is easy to understand.

It’s a battle for your heart.

Listen close now – *whoever owns your heart will own you (the soul)*, meaning to enslave a soul, you need to capture the heart of a person, and this is why God is warning us not to give our hearts to anything but Him, because He is our true Master who wants us to be free, but Satan is enticing false hopes in us. Do you see the battlefield now? All the lust and sin in the world screaming in your ears for you to jump in? They want your heart!

“O’ children of Adam. Don’t let Satan tempt you the way he caused your parents to fall from Paradise, revealing their shame to them. Beware! The Devil and his tribe (of djinn or demons) see you from where you can’t see them.”

– The Holy Qur’an (7:27)

“Above all things, protect your heart, for everything you do flows from it!”

– King Solomon (Proverbs 4:23)

Now, your job in this war is to protect your heart by *keeping your faith in God unshakeable*, the way a Rugby player keeps the ball away from the opponents.

But Satan is going to try to steal your heart away from God by arousing *false hopes* in you. He wants the idols of self-worship, pornography, weed, alcohol, and everything else, but never the One True God – because a heart with only God and no idols inside is a heart that rises up and takes over the world.

The GREATEST way to turn a heart away from God is to make the heart believe that it can't be forgiven by God. This is achieved by attracting the heart to the dirtiest and most shameful of sins, which is why the sexual sin is the most prevalent in society.

“Satan promises them and raises false hopes,
But Satan's promises are nothing but deception!”
– The Holy Qur'an (4:120)

The way to win the war is to not let anything have your heart but God. Your heart must be totally in love with God first over anything else, and you must always protect it from dark forces.

“When two parties from among you were about to
lose heart, but God was their Ultimate Guardian, so in
God let the believers place their hope.”
– The Holy Qur'an (7:27)

As we go on, you will learn the way to develop an iron-heart that worships God. You are going to learn how to purify your heart with so much light that all demons are expelled, all weakness is overcome, and total mastery is achieved now and forever.

“By the sun and its brightness. By the moon as it follows. By the day as it displays the sun's glory; and by the night as it conceals it.
And by the sky and Him who built it. And by the Earth and how He spread it. By the soul and He (The Master-Designer) who proportioned it; and **then enlightened it with inspiration of right and wrong**. Truly successful is the one who purifies his soul; and doomed is the one who corrupts it.”
– The Holy Qur'an (91:1-10)

PART 2

*THE FOREVER
PURE METHOD:
CONQUER LUST
FOREVER:*

*“The truth is not what you want it to be. It is what it is
and you must bend to its reality or live a lie.”*

- Miyamoto Musashi

THE FOREVER PURE METHOD

(Conquer Sin. Live Free)

AN INTRODUCTION

The Forever Pure Program is the most powerful self-mastery program in existence. Why? Because it comes from the wisdom in the Holy Qur'an and Holy Bible. This means that God is to thank for the truth that will set you free! There are seven lessons to conquer lust forever. They are very easy to understand, so pay good attention and study them well. You will now know your most thought-provoking questions.

What is the reason for addiction?

Why can't I stop cigarettes, porn, weed, alcohol no matter how hard I try?

What is it I really want?

Why am I choosing to destroy my life?

All will be answered, and you are going to (God willing) experience a healing that will not only bring your child self back, but bring a power and joy in your life that you could have never imagined. Take notes, read the chapters multiple times, and embody what is being said. Keep a humble and open mind and trust in me as your brother that wants to help you. It's time for God to bring you out of the darkness and into the light! Let's go!

Remember, if you need more help, become a student in the Forever Pure Program, a community of warriors that I personally coach to achieve the best in this life and the next (the link can be found on the @NoFapWizards Instagram page).

May God Bless the Rise

Kings Will Rise.

MODERN RULES OF CELIBACY

1. **You have zero power to conquer lust. God has all the power and you are only saved through His grace.** Accept this.
2. **Mental Celibacy is Key:** Keep your mind completely pure. No shameful things can be consumed or thought of whatsoever. No fantasies, no women, no nothing. Keep your mental space clean and clear through the help of God. Keep the mind as clean as a child's.
3. **Keep your Virginity until marriage:** The sexual desire is a beautiful thing; it is only when you use it in the wrong way and don't protect it that you destroy yourself. So, wait for marriage and keep your virginity safe!
4. **Don't consume garbage:** Memes, movies, social media. Everything dopamine-related must be cut out of your life so your purpose can be unveiled.
5. **No Pointless Scrolling:** This is the easiest way to the relapse. Don't pretend to scroll around when, in the back of your mind, you're really looking for lustful content. Your phone must only be used for a clear purpose.
6. **You must work hard:** you must strive for what you want every second. (*"Man can have nothing but what he strives for!"* – (53:39))
7. **A nightfall (wet dream) is not a relapse:** work hard on the lessons to avoid them.
8. **You have no option. You MUST become pure. It is why you are here.**

LESSON ONE:

THE REALITY OF ADDICTION

The most successful people in the world understand what I'm about to tell you, and I don't mean rich people; I mean the legends of humanity. I mean Muhammed Ali, Bruce Lee, Salahuddin Al Ayyubi, the Prophets and all the other titans of our world. It's pure truth, so listen well:

There are two selves, the animal (lower self) and the higher (spiritual) self. When you sin, your body (the flesh) takes over and your soul gets trapped in this lower animalistic consciousness, but when you rise above sin, your spirit takes over which frees your soul. This difference in consciousness is why some people can comprehend spiritual truth and others deny it.

The lower (animal) self cannot understand the spiritual (higher) self, so when I say demons exist, you might feel arrogance, boredom, or this inclination to laugh or turn away – but try to stay with me, because I really don't want you to fall so far into the darkness like I did to finally realise that they are there!

“The greatest trick the devil ever pulled was to
convince the world he doesn't exist!”

– Charles Baudelaire

Just like the light energy we talked about earlier, there is also the darkness, and in this darkness, there are demonic entities, but don't worry, God created it all to test us so don't think it's out of order. Now, these are real creatures spoke of with seriousness in the Qur'an, Bible, and other scriptures. Your eyes can only see 0.5% of the spectrum, which means there's 99.5% you can't see!

“O' children of Adam. Don't let Satan tempt you the way he caused your parents to fall from Paradise, revealing their shame to them. Beware! The Devil and his tribe (of djinn or demons) see you from where you can't see them.”

– The Holy Qur'an (7:27)

Their purpose is to make you sin so you lose your light energy with which they feed off. They are the ones attacking your mind with fears that push you to lust:

- Fear of people
- Fear of never finding love
- Fear that God doesn't love you

And slowly this fear restricts your physical body, shutting you down inside an unseen matrix prison. First, the fear is just a thought, but they keep attacking until it becomes a feeling deep in your heart, and this feeling now traps you like a horse afraid to jump over the fence. But they don't stop there. To help you escape your fears, they provide porn, weed, alcohol, and the rest to give you the *illusion of freedom*, and this is where the human being becomes what we call an "addict." Trapped by fear and distracted by pleasure.

The human is now hemmed-in by the walls of fear created by unseen entities called demons, but he remains clueless because society has told him demons don't exist. This means when he tries to fight addiction, he fights himself and his own mind but never the real enemies! Which means he will relapse every single time like a crazy man fighting the bullets and not the shooter.

Isn't it genius? I mean, think about it, if you were a demon wanting to trap humans and steal their energy – wouldn't you do it this way?

We do not wrestle against flesh and blood, but against the rulers,
against the authorities, against the cosmic powers over this
present darkness, against the spiritual forces of
evil in the heavenly places."

– **The Holy Bible, Ephesians (6:11-12)**

The process now is simply this: Just like you would remove all the burglars from your home and then put guards outside to protect it, we are going to remove all the fear from your mind and then learn how to keep it protected now and forever – *so no demonic thought can ever enter your heart and trigger an urge that makes you relapse.*

LESSON TWO:

THE STRAIGHT PATH

“God will not change the condition of a people
until they change what is in themselves.”

– **The Wise Qur'an (13:11)**

We never realise all the fear we are in because we are too distracted by all the sex, drugs and violence – *“give them a circus and they will never revolt,”* said a famous Roman emperor.

But why? Why do we run to this world like moths after a bright light that turns out to be a zapper? What is this void we are trying to fill?

We just want *God*, it's as simple as that. You came from God, the Source of Infinite Love, and all of our stupidity on this Earth are just our desperate attempts to attain the love we had before we came here from Heaven. You want to feel valued, important, safe, happy, and content. You want to feel love, and the greatest thing that can offer this love *in this Earthly Realm* is? Yes! – *the woman*. So, the demons have weaponised her the most; just look around, it's everywhere!

They use fear to keep you from finding God:

- Fear of wars
- Fear of people
- Fear of God not loving you
- Fear of uncertainty in the future
- Fear that a woman can't love you
- Fear of ever opening the Quran and Bible
- Fear, fear, fear, fear -- *feeeeeeeaaaarrrrr*

Then they use the lust to keep you distracted from ever facing this fear.

“I shall lie in wait for them on your straight path: I will assault them from their front and back, from their right and left; and you will see that most of them are ungrateful!”

- The Holy Qur'an (7:16)

These two things build what we call an addiction, someone trapped by fear and escaping his fear with pleasure. You're stuck in a comfort zone prison.

“Satan threatens you with the fear of poverty so you are driven to immorality, but God promises you forgiveness and great abundance. And God cares for all and knows all things.”

- The Great Qur'an (2:268)

So, yes, there are demons persuading you to sin and they're lying to you so you don't worship God. But you've been listening to these thoughts and following them. You've allowed fear to consume you for far too long. You've tried to fight, but you have not truly understood the war – but now you do, so let's begin the rise.

First, I want you to make a sincere prayer of change. Ask God to take you out of the darkness and into the Light; and I pray these words guide you and set you free with God's help (amen!)

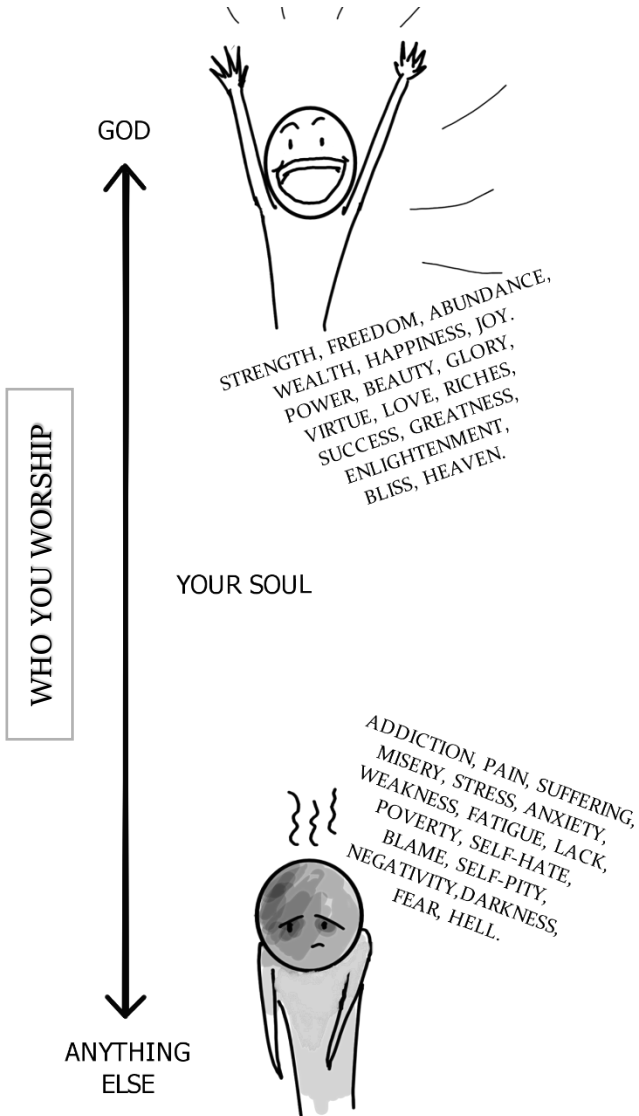
Now we are going to look at the straight path out of this Hell-hole. The straight path is to worship the One God alone. To remove all the idols from your heart and make your body a true temple of God once again. The next lessons are going to show you how to achieve this. Let's go.

“Submit yourselves, therefore, to God. Resist the Devil, and he will flee from you.”

- The Holy Bible, James (4:7)

“My Lord, I seek refuge in You from the incitements of the devils, And I seek refuge in You, my Lord, lest they be present with me.”

- The Holy Qur'an (97:98)



LESSON THREE: **THE FOREVER PURE METHOD** **(NO MORE URGES)**

“Those who are mindful of God, when an impulse from
satan attacks them, they remind themselves and
immediately they can see with clarity.”

- **The Holy Qur'an (7:201)**

This method will teach you how to properly deal with temptation or urges based on the truth we have discussed in the previous lessons. Here's how urges work. It starts with a demon:

- This demon or djinn whispers a bad thought into your mind.
- The thought now triggers an impulse inside your heart to commit sin.
- Now you have an urge that grows like a fire.
- Eventually you relapse because the animal urge overcomes your intellect.

So it goes: ***Demons -> Thoughts -> Impulse -> Urge -> Relapse***

The reason we relapse is because we wrestle with the thought rather than fight against the demons. This way, we are like donkeys spinning around chasing our own tail whilst the demons just keep adding fuel to the fire. For example, try NOT to think of a red car; you can't do it, and you'll wrestle with your own mind until you finally give up and the red car wins. This is what we are doing with lust. We fight the thought rather than cast away the demons behind the thought. If you fight the thought, you'll lose, but if you FOCUS on the demons, then you'll win because the demons will flee and take the thoughts with them. This means it never progresses to the impulse and urge stages.

The Prophets of God all taught this; the elite people of the world know this, and some of them even worship the demons. The highest minds of society

understand that angels and demons exist, and if you want to rise up too, you MUST know that, although you can't see them with your eyes, they're all around waiting to ambush you at every turn.

“Indeed, Satan is to you an OPEN ENEMY,
so treat him like an enemy.”
- The Holy Qur'an (35:6)

The Forever Pure Method:

1st STEP: *Keep your mind 100% pure!*

2nd STEP: *If a thought attacks your mind, DON'T focus on the thought, focus on the demon behind the thought and fight him with God's words below:*

- *I use words from the Holy Qur'an which makes demons flee due to the aura, heavenly power, and vibration of the recital. But you can use the name of God in any language and they will flee!*
- *A'oodhu billahi min ash-shaytaan-ir-rajeem ("I seek refuge in God from satan, the accursed one.)*
- *"Rabbi a'oozu bika min hamazaatish Shayaateen Wa a'oozu bika Rabbi ai-yahduroon ("My Lord, I seek refuge in You from the incitements of the devils, And I seek refuge in You, my Lord, lest they be present with me." (97:98) This one is extremely strong).*
- *Check out Surah Falaq and Surah Nas on pages*

3rd STEP: *Once the demons flee, they will take the thoughts with them; now with your clear mind I want you to carry on building your relationship with God. Repent/ Pray/ Train Hard/ Do good deeds, because you will now be free to chase your dreams -> Lust Destroyed!*

(Imagine a warrior walking on a straight path to God, but there are vicious dogs charging at him from all corners. The warrior doesn't focus on the barking, he focuses on the actual dogs (demons) and then wards them off by praying to God - the warrior is you)

LESSON FOUR: **PURIFY IS POWER** **(Unlocking the Superpowers)**

“Your task is not to seek love, but to break all the
barriers you have built against it.”

– Rumi

WELL DONE! You are now fighting the mental war correctly, but there is still a lot of fear inside your heart that you need to remove so that your energy can transmute.

So, the key is to defend against lust, but ALSO to purify yourself, and this purification process is called REPENTANCE.

First, here’s a story of how repentance works; I remember when I used to play out all day until the sun was about to go down, but before it got dark, my mother would open the door and call for me to come inside, “*Shiraz! Get inside now it’s getting dark!*” And my mother would stand at the door with her arms out wide as I would run back into her arms. THIS IS REPENTANCE. It’s the idea of ***going back or returning back to God’s Love*** just like the child would run back to the mother. Back to HELP and LOVE!

“Seek your Guardian-Lord’s forgiveness and turn to
Him in repentance so He can bless you with goodness!”

– The Holy Qur’an (11:3)

The problem with you and me is, we’ve lingered outside for too long and now it’s become dark, but God is still calling us back like the mother at the door, “Come back to grace!” Says God, where you can run back into the light and be saved from the darkness forever. *Do you see the answer?* You need to run back to God’s grace, just like the child would run back to the mother saying, “I’m sorry I didn’t listen mum! I’m really sorry, please forgive me!” And the mother will always

forgive because she cares more about the child than the child cares about themselves.

And this is where Satan jumps in, because if he can make you lose hope in the mother standing at the door (God) trying to call you back in and save you, then he's destroyed you because he's cut off your only refuge. This is Satan's whole game! He wants to make you feel so ashamed that you believe God can't forgive you and you're too dirty - *"He restores my soul... My cup overflows."* - 23rd Psalm

But God commands us to never EVER lose hope in His Love and Mercy, because only those who go astray lose hope in the Lord of Mercy (*see quotes on last page*).

PURITY IS POWER!

(The Art of Repentance):

STEP 1: *Approach God with reverence, respect, and love; acknowledging all the wonderful things He does for you, and let the silence of the moment get you in the zone for deep prayer and connection to the Lord of the Worlds.*

STEP 2: *Confess your failures. Confess your deepest and most embarrassing sins. Let the shame be unveiled so that God can heal you.*

STEP 3: *Recite holy words from scripture like Astagfirullah (I seek God's Forgiveness) and other sacred prayers from because they are powerful! (check out the Rabbana Duas).*

STEP 4: *Cry. Pour your heart out for the Eternal Love that surrounds you. Talk to God; tell Him your dreams. Tell Him that you're scared.*

STEP 5: *The demons have worked so hard to put fear in your heart all these years since childhood, but this repentance is how you break down these unseen matrix-walls by FACING THE FEAR and FEELING IT ALL in front of God. All the shame and fear is coming out as you're being healed. I call it spiritual puking.*

STEP 6: Keep identifying, feeling, and giving every single fear to God until Only the fear of God remains. Surrender to God whole-heartedly and let the spirit take over. Don't be afraid to surrender your whole body to God. You are now becoming a true temple through His mercy and rising back up to the Gates of Heaven.

STEP 7: Learn about God. Read His words. THANK HIM ALL DAY. Grow in your relationship. Do His work. Change the world. Let's go.

(Keep doing this because this is what will bring you closer to God, unlocking supernatural power the likes of which you could never imagine in your wildest dreams!)

Truly successful is the one who purifies
his soul; and doomed is the one who corrupts it."

- The Holy Qur'an (91:1-10)

WANT TO BECOME THE MOST POWERFUL MAN ALIVE?: Then all you must do is read the Qur'an. Recite it in the Arabic, but also understand it in your own language, and listen to it's recital on YouTube. You will grow unimaginably strong because you are absorbing the Divine words of God right into your heart. There is no bigger healing, and no bigger weapon against demons!

Do this along with prayers throughout the night. Bow and connect to God in this most holy and spiritual time when the world sleeps.

Remember that the ONLY WAY into Heaven is through God's mercy and not your own deeds. Seek His mercy in all humility to save you.

"God is free from all wants, but you are in need."

- The Holy Qur'an (47:38)

Important Note: Another way to destroy fear is to Focus on the Fear of God.

LESSON FIVE

WITHDRAWAL SYMPTOMS

(The Flatline)

The flatline is the FINAL ONSLAUGHT of these demons that have been draining your energy for so long.

It is also a HEALING process because your brain needs to RECOVER from all the damage done by pornography or weed or whatever it was you were addicted to.

But the healing process is not bad at all; it's really these demons who are going to use your pain against you that's the issue. They want you to turn back to sin like a good little slave, so they are going to inject *fear after fear after fear* into your mind.

(See the Seven Fears Behind Lust chapter in Part 3 of this book to understand more about the onslaught.)

But your job is to power through this fear with the Forever Pure Method and the repentance in Lesson Four. Trust God and keep going!

“Don’t quit! Suffer now and live the rest
of your life as a champion.”
- Muhammed Ali

“Verily, with hardship comes ease.”
- The Holy Qur’an (94:5)

“Your Guardian-Lord has not left you, nor is he displeased with you. And the afterlife is better than this life. And your Lord is going to give to you, and you will be so happy.”
- The Holy Qur’an (93:3-5)

The severity of the flatline will depend on how severe your enslavement was, but here are some of the main withdrawal symptoms:

- *Stress*
- *Anger*
- *Doubt*
- *Shame*
- *Anxiety*
- *Fatigue*
- *Paranoia*
- *Insomnia*
- *Depression*
- *Ingratitude*
- *Mental Fog*
- *Headaches*
- *Lack of motivation*
- *Negative self-image*
- *Feelings of unworthiness*
- *Beliefs that God doesn't love you*
- *Brain will hyper-sexualise everything*
- *Severe numbness in the reproductive organ*

Again, the key to winning is to simply continue with the Forever Pure Method and the Repentance in Lesson Four.

Understand that the pain is God healing you. It's going to be okay.

A few weeks of pain perhaps and you'll be restored again, ready to live a pure and healthy life!

Here's a story to help you understand the flatline better; it's eye opening:

Imagine a docile fish in a dirty pond. The pond is contaminated with the dirt and gunk of a foul disease, and the waters are so disgusting and black that the fish can't even see. But the fish believes it is his only source of water to breathe – so he thinks it is everything.

The disease of the pond makes the water toxic. So, the little fish is hallucinating, thinking that the water is a pleasure to be in, when it's a slow poison blackening his little heart and frying his little brain as if every water molecule surrounding him was a leech just eating away at his soul. It is killing him slowly – but he doesn't see it.

His friends try to tell him that there's a whole ocean of pure pleasure waiting for him if he just leaves the pond, but the tiny fish can't see because he is blinded by the toxic water. He was once a goldfish you know... but his gold has been scraped away. He's slowly being stripped of everything... even his laugh. Will he make the leap? Will he leave the pond?

Now, shall I tell you what this pond is? It is the pond of pornography, and the ocean is the Divine Love that awaits you on the other side. You must leap. You must understand that if you stay, you will die! If you stay – *you will miss out on the ocean!* I am the friend on the other side now! And I'm screaming with my arms flailing in the air like one of them balloon dummies in the wind. I'm screaming to the deepest part of your soul. *Leave the pond! It's a trick!* Just take a look at the benefits again of being close to God! – and, trust me, words can't describe this heavenly bliss and power! It will only take a few weeks of a little struggle – *A small price to pay for salvation!:*

He sits quick to quack at snack-a-jacks.

The macks throw him bags of baps,

So he lacks the knack to make sacks of cash!

He has sat at the pond with a don swan for too long.

All the other ducks over the years have moved on.

They've moved on to the fields of golden bread and wheat!

They've moved on to the blue sea with treasures so deep!

They've moved off the scene to greatness and dreams.

And he's still in the pond because he does not believe!

LESSON SIX:

THE PROPHETIC MINDSET

(Prophet Solomon said:) "This is by the grace of my Lord so that He may test me whether I give thanks for (His Bounty) or act with ingratitude. Whoever is grateful is so to his own good; and whoever is ungrateful, let him know that my Lord is Free of all needs, Most Giving and Bountiful."

- The Holy Qur'an (27:40)

If you were to peel all the layers of yourself so you could get to the truth of who you are, you will find that inside you is a soul in absolute JOY.

When all the demonic fear is removed, this is the wonderful state you will be in. The Fitrah State they call it; just in love with God. This is the state all the Prophets were on. So, let's understand the Prophetic Mindset.

The Prophetic Mindset is the mindset that all the Prophets taught us to adopt. It is the **attitude of gratitude!**

It's the highest state where you have fallen in love with God. Here's some tips on how to activate the Prophetic Mindset:

1. Embrace the Gift:

You must first understand that everything is a gift from God, including who you are, so if you hate yourself, you are being ungrateful to God, which is terrible. This understanding will make you grateful for who you are rather than ungrateful, and this will cause you to love yourself in a healthy way where you can now develop in gratitude and nearness to God. Now your life will change in the right direction! For example: *"Thank you God for creating me! I love my design! I love myself! I appreciate what you've created and I love this gift!"* – You see? You are grateful for who you are because it's all a gift, and the Divine Giver deserves gratitude.

2. Realise your Worth

You must also realise that you are not your sins. You are not what people have said no matter how much they try to put you down. You are a creation of God, and God only creates greatness! Respect yourself and honour yourself, because others are supposed to see how great God is through what He creates, and that creation is you. Your value comes from God and never this world!

3. Awaken to God's Everlasting Mercy and Love

Realise how everything you have is a gift from the Almighty. Your life, your eyes, your smile, your face, your everything! It's all from Him being gifted to you in THIS present moment. Allow this gratitude to illuminate your whole being.

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

– Eckhart Tolle

You were like this as a kid, which is why you lived in bliss. Do you remember childhood? That state you were in? Well, it was total gratitude and love towards God, but as you forgot about Heaven and you grew into this world, you began to hate yourself and forget about God's gifts. It's all the shame, sins, trauma, loneliness, and everything else negative that's kicked you down. It's also the social media telling you 24/7 that you're not good enough. But the Forever Pure Method and the Repentance in Lesson Four is a way of removing these demons.

And this gratitude will now become the start of a wonderful relationship with God where your heart will fall in love with the Maker the more you realise His mercy and kindness in bestowing an infinity of gifts upon you.

“Believers! Remember your Lord with much remembrance.

And praise Him morning and evening. He is the One who showers His blessings upon you, and His angels pray for you, so that He may bring you out of the darkness and into the light. And He is Ever-Loving towards the faithful.”

– The Holy Qur'an (33:41-43)

...

“The Heavens almost break apart, one above the other,
as the angels celebrate with praises of their Lord and pray
for forgiveness for all beings on the Earth: Behold! He is
God! The Infinitely-Forgiving, the Forever-Loving!”

- The Holy Qur'an (42:5)

...

*(The entire universe is in this grateful state to God, and you will be able to
join in once you also realise what God has given to you.*

*And this state is achieved by developing
the Prophetic Mindset)*

LESSON SEVEN: **TRAIN LIKE A MONSTER**

Now that your mind is guarded from demons.

And now that you're repenting and getting closer to God.

There is one thing left.

TRAIN HARD, FOLLOW YOUR HEART and WORK ON YOUR PURPOSE.

Every day.

Do your push ups (you can purchase the Kings Will Rise Journal on Amazon to help with this)

Do your squats.

Wrestle.

Go to the gym.

Get stronger.

Get faster.

Become a protector.

Be present with every rep.

Learn martial arts.

Sprint and Spar with your brothers.

Just see your life change before your eyes when you are now in the worship of the One God without any more demons destroying your life. Well done my brother! I'm proud of you.

POWERFUL WARRIOR

PRACTISES

Combine these practises into your journey and you'll become superhuman:

Holy Scripture: Read Holy Scripture as much as you can.

Qur'an Whilst you Sleep: Get hours of pure healing whilst you sleep by keeping a recital of the Qur'an playing next to you.

Squats: Do squats and other High Intensity Exercises as an act of self-care and gratitude to God, and God will increase you in muscle mass and Chi.

Forever Pure Meditation: Find places in your body that is filled with self-hate and fill it with the Prophetic Mindset. If you hate your feet, say, "thank you God for my feet." If you hate your nose or some scar on your body, turn that self-hate into love. Your whole being must be drenched in gratitude towards God.

Visualise Masculine Stuff to Increase Testosterone: Weak men fantasise about women, but real men visualise training, war, Heaven, etc. A study was done where people visualised a piano routine in their heads for two weeks without playing a piano physically, and when it was time to play, it actually improved their skills. So, you can actually train in your head and become better! Use your gift of visualisation! **See your real self deep within and pray that God unleashes your full potential.**

Silence to Gather Chi: Practise silencing your thoughts and your words. This helps to gather powerful Chi and to finally let God speak through your heart.

Put your Phone Away: Dis-connect from your phone and work to be a master over it.

Fasting: See the chapter on fasting for full details on this elite practise.

Night Prayer: Be the 1% that stands in the night in gratitude, hope, and prayer to God and you will know success. The strength for your mission in life is in those night prayers, so make the nights count if your dreams are big. Pray until the dawn!

Charity: Give yourself to others. Help people. Donate money. Do the dishes. Be a masculine helper. Smile at people. God will reward you.

PURIFYING THOUGHTS

Here are just some wonderful things to put into your temple to help remove lust from your life forever:

- *God has better in Paradise! Your wives there are so beautiful that if one of them just revealed the beauty of their wrist to this Earthly realm, everything would be destroyed. Think of the beauty that awaits you back home.*
- *Remember that women are your Mothers, Daughters, and Sisters!*
- *Love yourself more than lust and you will conquer it every time because you are grateful to God for what He has gifted to you.*
- *God's help is near! Pre-occupy your mind with His wonderful names and you will rise above all the darkness!*
- *Make God proud and think of all the happiness that is on the way!*
- *Think of all the people that look up to you and love you!*
- *These evil women absolutely die when you don't look at them, so don't waste your energy on them.*
- *You are a masculine leader; a king; God's chosen servant; a man; God's masterpiece; an absolute beauty of design; God loves you and that's why He created you, so do not be ungrateful to Him. Love who you are and give thanks!*
- *God wants you to experience real love, true intimacy, dinner and dances with your wife, real kisses, warm hugs, and pure laughs; not a frigin screen and tissues. Let's get the real thing King!*
- *Don't let these demons win. Stare them down and cast them away!*

"Believers! Remember your Lord with much remembrance. And praise Him morning and evening. He is the One who showers His blessings upon you, and His angels pray for you, so that He may bring you out of the darkness and into the light. And He is Ever-Loving towards the faithful."

- The Holy Qur'an (33:41-43)

THE SAMURAI'S WIFE

A Short Story about Hope

Once, a samurai had married the love of his life. On their honeymoon, the newlywed couple chose to ride out and let the vastness of the twilight ocean kindle their hopes of a bright future. They relaxed in the heat of the declining sun, ate nourishing foods, watched the pink leaves of blossom trees glide through the cool air, and spoke for hours — they couldn't stop laughing.

That is until a sharp bolt of lightning smacked against a nearby tree, turning both heads like two deer caught in the headlights. Then, terror began to well up in the wife as though her stomach were a witch's cauldron in which an experiment had gone terribly wrong. The vessel's wooden flooring began to creak — a most dreadful sound — as if it could be translated into — *death will have you before dusk; there is no escape*. She screamed in sync with the cries of the wind and wept to the fall of heavy rain. It was as though the curtains of blissful ignorance were violently ripped away, overwhelming them in utter darkness.

Them? She gasped; *where was her husband?* The boat had rocked them apart in the wake of raging waters. Half-blinded by the storm, she searched, squinting her eyes and holding for her life onto the edges of the boat. She screamed his name to the point of weakness and fell to her knees when he could not be seen.

She mustered the strength to lift herself and cast a hopeless glance at the sky; and as she lowered her gaze from the hammering rain, she caught the silhouette of him — he stood at the mast of the boat facing the storm — *as still as a samurai warrior could be*. She wiped her face with relief, still numb from the biting cold, and made her way to him as fast as she could.

She embraced him, and he turned to hold her even tighter, but upon facing her husband, she noticed that he was — content — *happy*. "*Excuse me!*" she exclaimed, "*we're about to die; what are you smiling about!*" Bewildered and distressed, she held onto him for balance as the boat rocked back and forth against the storm, scanning deep into his eyes for an answer to this display of madness. At that very moment, the samurai pushed away, drew his katana, and in a flash, it was at his wife's throat; his eyes were as cold as the sharp

blade, and with a glint in her eye and a pigeon-like sideways tilt of her head; she began to laugh.

"Why do you laugh, woman?" The samurai said, trying to contain his own laughter as he cherished his final moments with her. She replied, *"because I know you're not going to hurt me, that was just funny; I'm sorry."* And with a graceful smile and a sigh of admiration, the samurai drew her close. He replied as she carefully took in his final words: *"Just like that; we are in the hands of the One who loves us. Why should we have anything to fear..."*

...

I remember being quite awestruck by this short story. It reminds us of how fear is just faith inverted. It is simply one's faith in hopelessness rather than our conviction in God's love and mercy. And it is true; sometimes our anxiety causes us to forget how much we are loved:

"For truly: Mankind was created in a state of anxiety. Distressed when touched with bad. Withholding when touched with good.

Except those who keep the (prayer) connection (with God)."

– The Noble Qur'an (19:22)

Except those who stay unbreakable in their hopeful connection to God's help in precisely the same way a young child would hold onto a parent. For when a child is disconnected from the hands of warmth and love, the child becomes anxious, worried, fearful. But when connected: The child is serene, present – calm – like the samurai warrior...

"Never lose hope in God's mercy, for truly, no one despairs of the mercy of God except those that have no faith."

– The Holy Qur'an (12:87)

If you look at God's word, all of the prophets had the mentality of the samurai in this story:

When Moses (PBUH) was confronted with the entire Egyptian army led by a murderous pharaoh, and when him and his followers were stopped in their tracks by the Red Sea, what did Moses do when everyone had lost hope? He had

confidence that God would save them all, and with this hope in God's help, God Almighty split the sea, drowned the enemy, and saved Moses and his followers.

When Abraham (PBUH) was about to be thrown into a fire as large as London, he had confidence that God would save him, and this hope made the fire cool. When he had to leave his wife and child in the dessert alone; when he had to face the evil king Nimrod; when he had the dream to sacrifice his child; his confidence in God was never broken, and he achieved the impossible. He had faith that God would never let him down, so *imagine if you had confidence in God like this? Could any enemy ever win? Not a chance!*

When Joseph (PBUH) was thrown into a well by his brothers and left to rot and die, he never lost his confidence in God's plan. This hope was the boat that carried him further into the Light of God's love and grace. And when he was confronted with the boss-level of lust where a whole room full of hundreds of women wanted him so bad that they were cutting their own hands because of their uncontrollable desire, he still never lost hope in the help of God and knew God was going to save him no matter what. This hope in God's mercy is what allowed him to be spiritually shielded against evil in that impossible moment of temptation. *So, again, how can demons conquer a man who has confidence in God's help like this? It can't!*

When Jonah (PBUH) was in the belly of the whale surrounded by three layers of darkness, he never lost hope in the mercy of God even though he was to blame because of his own actions. But his confidence and faith in God caused him to be saved by God's ever-abounding grace and love.

When David (PBUH) was standing on the battlefield facing the great Goliath, and when everyone in his own army had lost hope in God's grace, he stood firm in his confidence that God would save the day. This is what gave his slingshot accuracy; this is what made his legs firm and his muscles steady as he collided with the fear of death – *so please, someone tell me the answer, how can a lustful urge conquer a man like this whose confidence in God is greater than the fear of death? It CAN'T!!!*

So, you absolute legend; when you are confronted with lust in your bed at night, and your phone is there where you can easily access pornography, are you going to lose faith in God? *Or are you going to seek God's mercy and grace to protect you?* This is how you overcome anything, and if this allowed men to conquer empires, split seas, destroy giant enemies, escape from being eaten by fishes, and overcome the Mount Everest of lustful urges, then imagine what this faith in God's grace will do for me, you, and the rising kings:

"Believers! Remember your Lord with much remembrance.
And praise Him morning and evening. He is the One who showers
His blessings upon you, and His angels pray for you, so that He may
bring you out of the darkness and into the light. And He is
Ever-Loving towards the faithful."
- **The Holy Qur'an (33:41-43)**

...

"I am indeed close to them. I listen to the prayer of
everyone that calls upon Me. So let them respond to
Me and have hope in Me that they may be guided."
- **The Holy Qur'an (2:186)**

...

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty. I will say of
the LORD, "He is my refuge and my fortress,
my God, in whom I trust."
- **Psalm 91**

...

"Had it not been for the GRACE of God upon you, and His MERCY,
not a single person would ever be PURE. But God purifies

whomsoever He wills. God is All-Hearing, All-Knowing.
- The Holy Qur'an (24:21)

...

"God is my Shepherd, I shall not want.
He brings me to lie down in green gardens.
He leads me beside the still waters.
He restores my soul.
He leads me in the paths of righteousness for His Name's sake.
So, even though I walk through the valley of the shadow of death,
I will fear no evil: for Thou art with me;
Thy rod and Thy staff they comfort me.
Thou preparest a table before me in the presence of my enemies:
Thou anointest my head with oil and my cup overflows.
Surely goodness and lovingkindness shall follow
me all the days of my life:
And I shall dwell in the house of the Lord forever."

- Psalm 23

Look at Prophet David's Prophetic Mindset towards God. Look at how much confidence he has towards his Maker's grace. Do you think an urge, or 1000 Goliaths can ever phase David? Never, because he is a true believer in the Lord and recognises the absolute mercy and grace of God Almighty in his life.

"It is your piety that reaches Him."
- The Holy Qur'an (22:37)

You see? It is simply the piety (devotion) of your heart that God sees, meaning your gratitude and humility before God.

And this gratitude and humility is only achieved if you adopt the Prophetic Mindset of gratitude towards God, which is also achieved when you cast away all demons from your life and become pure.

It is not the words that God is looking at because words don't mean anything. It is the feeling behind those words. It's how much you hope with your whole heart and soul.

This is what reaches God. It's those moments when you realise that God has complete power over life and we are in total need of His help; so, we pray in absolute hope in His grace and mercy.

And Allah, Ja, Brahma, Elohim, Jehovah, and every name of God invites us to God's infinite love that stretches beyond the cosmos. Other names in the Qur'an are *Al-Wadood* (infinite and unconditional love), *Al Wali* (The Guardian Friend and Protector), *Al-Jaleel* (The Source of Beauty), *Al-Qudoos* (The Pure and Holy), and *Al-Ghaffar*, *Al-Afu*, *Ar-Rahman*, *Ar-Raheem*, *At-Tawaab*, which all surround infinite forgiveness, whereby even if every creature in existence committed the worst sins, it would not affect God's mercy one bit, and if we were to ask of His forgiveness, all of our sins would be wiped away as if they never existed. God is the eraser of sins, and the fact that you even feel shame is God calling you back. God loves us more than we can fathom in our tiny brains. *Ar-Rahman* is the central name of God Almighty. God is love; the source of love! The name means never-ending love and kindness. It's a divine and infinite mercy that surrounds you and encompasses everything. A love so deep and powerful that our feeble minds cannot comprehend it. Again, "*Rahm*" comes from the word "*womb*" in Arabic, and this means *Ar-Rahman's* divine mercy is like that of a mother's womb. It's unfathomable how much God loves you, and infinitely more unfathomable how tremendously big the love of God is.

"Bring joy to your servant Lord, for I put my trust in you.

You, Lord, are forgiving and good,
abounding in love to all who call to you."

- Prophet David (Psalm 86)

...

THE THREE HABITS

1st Habit: Silence

If you can sit alone for a few hours without your phone, you are halfway there. These screens can be demonic weapons against you if you are not a master over it. So, embrace silence and connect to the present moment. Do the Forever Pure Method, repent to God, and grow in strength.

The Night Prayer: This is one of the greatest times to pray to God. Sit in silence every night and work on rising further into God's grace and mercy. Just keep giving your heart to God in total gratitude for His gifts and integrate the suggestions below to make it more powerful:

- Recite and listen to the Qur'an, the actual words of God. What better way to humble your heart than to listen and obey.
- Praise God by affirming how Great, Holy, and Loving He is.
- Give thanks and find your own ways to praise God.
- Learn the 99 names of God, and the names of God in other languages.
- Keep reciting the name *Ar-Rahman*, or say, "*Ya-Rahman*."
- Say, "praise be to God, the Most-Loving, the Most-Kind."
- Say, "Thou art the Greatest."
- Say, "SubhanAllah" (glory be to God). I do this one a lot.
- Study the deeper meanings of these holy words of praise.
- Say, "*Wa la hawla wa la quwata illa billah*," (there is no power or strength except by God).
- "*Alhamdulillah*" (a very powerful holy word which means all praise and thanks be to God) and "*Hallelujah*" (means the same in Hebrew).
- Recite Surah Al-Fatihah (Chapter: The Opening) .
- Recite Surah Duha (Chapter: The Dawn).
- Recite "*La Illaha Ill Allah*," (*there is no God but God*).
- Recite the Verse of the Throne.
- Say "*God is sufficient for me*" (The Holy Qur'an 3:53).
- Say "*God is my guardian on a watch tower*" (The Holy Qur'an 89:14).
- Recite the 23rd, 46th, and 91st Psalm of Prophet David.

- Read the *outstanding wisdom* of King Solomon in the Proverbs.

The Lord of Infinite-Love!
He taught the Recital!
He created mankind!
And He taught mankind how to speak.
The sun and the moon travel with precision!
The stars and the trees submit in adoration!
And He raised the sky and set the balance!
– The Holy Qur'an (55:1-7)

2nd Habit: Reading

This is the king of habits. The very first word revealed in the Qur'an was the word "read!" Reading is by far one of the greatest things you can do in life. This book you're reading might take you a few days or weeks to read and study, but it is 20+ years of my life. In other words, you are absorbing 20+ years of life wisdom in a very short amount of time and the same is with all books! Imagine absorbing 20, 30, or 60 years of life wisdom in 2 weeks!

The main reason you should read is that your right hemisphere is connected to the heart and is the imaginative side of your brain. From looking inside our hearts earlier, we might have found that it is filled with things that are not us. Movies, games, music, media – it's been *hijacked*. Half of our brains are not even us anymore. But, reading helps to reclaim your brain and heart back from a world that just wants to fill it with junk, because reading forces us to create rather than consume, which pushes out against the pile of junk inside, like removing the crust on top of a flower so it can finally bloom.

The BEST things to read are holy scripture because nothing beats the truth. You must also read books containing knowledge of God. The other books you can read to restore your imagination are fantasy books, **but make sure you never read books that talk about "self-help," or "self-belief," this is deception from Satan!** Search online for some good books and build a library you can give to your grandkids. This book, also, if you were to read it daily, would seriously help you in overcoming lust. Reading is food for the soul and increases energy

tremendously. It is light from God Almighty, and ignorance is darkness; the kind of that the Devil wants to enslave us all in. So, make reading a habit and break out of the darkness by following the easy challenge below:

- **Read at least ONE PAGE a day (Minimum!)**
- **Especially read books about God (very powerful)**
- **Do it for the sake of God's mercy so you do not become arrogant.**

3rd Habit: Exercise

Bodyweight squats and push-ups are the most effective exercises for this journey. I try to do 50 squats every hour, and with every set I complete I feel a great boost of dopamine hit my brain because I'm working on half my body which means the pain is crazy. But the best thing about squats is the muscles around the reproductive organs that become loose after constant release are strengthened and tightened, and this speeds up the healing process. Your consciousness level is also healed faster because you are working on the area that has become weak. Push-ups are also the go-to exercise since the beginning of time, I imagine. They are so beneficial for you in many ways and help to build strength, confidence, and a shredded body. I make sure I do 100 push-ups daily as a minimum. Remember, I will give you the minimum, but it is up to you to take it to the maximum! Train like a monster! Join a martial arts club; hit the gym and put your body under intense training and pain. Combine home and gym workouts for faster restoration of your brain and heart. The harder you work, the faster the healing and better your happiness will be:

- **Squats: 50 a day (minimum)**
- **Push-ups: 50 a day (minimum)**
- **Build from this and take your body to the max, but never neglect the minimum requirements (write it down somewhere)**
- **Do it for the sake of God's mercy so you do not become arrogant.**

THE JOSEPH PROTOCOL:

HOW A MIGHTY PROPHET

DEALT WITH LUST

God Almighty mentions the whole recipe for dealing with shameful sexual acts, and the example is shown in the story of Prophet Joseph. But before we get to the lessons, let's take a look at how badly Prophet Joseph was attacked by lust.

Prophet Joseph was sold as a slave and worked in one of the nicest homes for a master that was truly kind and loving towards him. Before buying him, the master said, *"Make his stay graceful. He may be useful to us. Or, we may adopt him as a son (12:21)."*

Prophet Joseph was an extremely – I mean *extremely*, handsome person. Angelic-looking – he could, quite literally, have any woman he wanted. Potiphar, the master who hired Joseph, had an extremely beautiful wife and she desired Joseph the way a fat kid desires cake. The seduction went on for what must have seemed like forever to Joseph, but he stayed away from her, until one day she figured that if she couldn't get what she wanted, she was going to get it by force.

He was in the master's bedroom cleaning when she found her perfect opportunity. She entered the room, sneakily bolted the doors, and closed all the windows and curtains – Prophet Joseph was like a deer in the headlights at this point – *oh no*.

When the final bolt was locked, she turned with a ravenous smile and said *"Come here you (12:23)."*

Now – let's *freeze* right there for a moment. You're an incredibly handsome young man; the doors are locked; the windows are sealed; the curtains are drawn; you're a stranger in a strange city; you are away from your family; you have the pain of your brothers who tried to murder you; there is nobody in the

palace; the master is out; and one of the finest women in all of Egypt is throwing herself at you right now and – she’s getting closer!

Holy pencils. And we think we have struggles... Let’s continue and see what happened...!

When Prophet Joseph gathered that he was in deep trouble, he uttered some statements that would be the guidelines to combatting lust for millennia to come, marking him as one of the greatest legends to have walked this Earth. His statement is mentioned in the Qur’an and is as follows. As she drew closer with ever-consuming seductive eyes, Prophet Joseph said: *“I seek refuge with God! Surely, my master has been kind to me. The wrongdoers will never succeed!”* And then she tried to grab him but he fled as fast as he could to the door. She managed to tear his shirt from the back in the process, giving us an idea of how badly she desired him.

The outstanding thing that God informs us of is that, Joseph too, just like any human, also desired her, but he made the right decision (“and he would have fallen for her had he not seen the signs of His Lord”). Let’s now see the secret to Prophet Joseph’s success, but first, here is the full verse:

“And she, in whose house he was, sought to seduce him. She closed the doors and said, **“Come here you!”** He said, **“I seek shelter in God Almighty. Indeed, my Master has been good to me. The wrongdoers will never succeed!”** She advanced towards him, and **he would have fallen for her had he not seen the signs of his Lord.** This is how We kept evil and indecency away from him, for he was truly one of Our chosen servants. **They raced for the door and she tore his shirt from the back... (12:23/24/25)”**

We will stop the story here, but after he opens the door, the husband is right there! So, on a side note, I would seriously recommend you check out the story of Prophet Joseph. It’s so beautiful that God created a whole chapter in the Qur’an called *Surah Yusuf* where God Himself tells us the story! But for now, this is all we’ll be needing. Now, looking back, what did Prophet Joseph do? Did he hold her hands and say, *“Let’s pray together, I believe I can help you?”* Did

he arrogantly think himself to be untouchable because he is a mighty prophet of God? He did none of these things, but this is what he did do:

1. He immediately sought help against the Demons:

Prophet Joseph said, “I seek shelter in God!” In other words, he’s running to God’s infinite help as his spiritual shield! This is how we need to be. We need to run to God’s help when things go south and trust that God will help us overcome Satan. Think about it, “oudhubillah,” means “I seek refuge in God,” and God has worded it in this specific way because He is telling us to run to Him as He is our only hope, in the same way we would run to a refuge seeking help from danger, or run from the darkness into the light (this is the same).

2. He remembered the infinite grace of God

He has the Prophetic Mindset x100! Think – If your mum gives you a Rolex watch, you’re not going to abuse it by breaking it or throwing it on the floor, are you? So, Prophet Joseph was not going to deny the gifts God has given him and he was going to keep his beautiful soul pure at all costs no matter what. This appreciation for who you are is what we need.

3. He showed us the correct way to fear God:

It is simply to feel ashamed of doing wrong in front of the One you love because you don’t want to lose them. This fear produces the terror of separation, which is especially increased when it is God, because God is the source of life and love. *God is Life, so turning away means death (that should make you scared).*

If you’re away from that then you’re finished. So, this should make you scared of committing sins. This is the same as your sibling saying, “*Let’s steal \$100 from mother’s purse.*” It’s the shame you feel that keeps you from doing something so dumb, and you’ll tell your sibling, “*God help me! Look at what Mother has given us! The people who do bad will never win!*”

It’s not a terrified fear, and it isn’t a fear where you take advantage. It’s fear out of love and respect. You love your mother and would never do anything to ruin this love. In other words, the fear of God is out of love where we are incredibly ashamed of doing wrong.

This shows us three things:

- Shame is a natural firewall, or defence emotion, against all sin.
- Feeling ashamed or embarrassed to do wrong is one the correct ways to fear God and prevents sin because you love God.
- Every single sin has the emotion of shame attached to it. If you feel the shame in your heart and mind beforehand, you avoid the sin!

4. He fled:

He ran away. A place with sexual immorality is like a lethal gas chamber, or a pit of quicksand. You need to get away, and fast, before it takes you. The story goes on to show the success a person will be blessed with for overcoming these major tests in life, for when Prophet Joseph succeeded, he became the one of the most powerful men in Egypt and saved his entire family. At the end of his journey, he made a powerful prayer:

“My Lord! You have surely granted me authority and taught me the interpretation of dreams. ‘O’ Originator of the Heavens and the Earth! **You are my Guardian-Friend** in this world and the Hereafter. Allow me to die as one who surrenders and join me with the righteous.”

– The Holy Qur’an (12:101)

This statement shows us the tremendous Prophetic Mindset that Prophet Joseph had. If you look above, we see that Prophet Joseph viewed God as his Best Friend. This is one of the most life-changing realisations a person can have – that God is your Best Friend. An Eternal Bestie; a Guardian Protector; the Close, Intimate, and Loving Friend. This means, God is your Helper. He knows everything, so you should explain everything to God. For example, Prophet Joseph made a prayer when a city-load of women wanted to seduce him. He said, *“My Lord! I would rather be in jail than do what they invite me to do. And if you do not protect me from their treachery, I fear I might incline towards them and fall into ignorance”* (12:33). You see? He humbly relied on God’s help for everything and never lost his faith in God’s mercy. This is what turns regular boys into kings, and little cubs into lions. *Thank you Prophet Joseph! May you be blessed with the best (amen).* God is the greatest!

POSITIVE PROGRAMMING

...

Consume crap, and you become like crap. Consume gold,
and you become like gold! – simples!

...

We live in a world of media madness, so why not take advantage of it? There is a whole university online where we can learn new things, and connect our minds to great people through the global network.

Positive programming is all about consuming media that is good for our hearts.

This does two things:

- It replaces dirty porn scenes with good images.
- It builds faith and character

The key is to consume things that feed your hope and belief in God and to reject things that destroy your confidence in God. Watch holy men, listen to lectures about God, and find real influencers who are God-fearing people whilst rejecting all the arrogant ones.

Listening to uplifting, powerful, and inspirational music is also included in the practice of positive programming. The ears lead directly to the heart, so be careful of the garbage that is pumped through mainstream media because this is the quickest way the enemy gets to you. Therefore, listen to:

- Holy Scripture (The Qur'an)
- Motivational Music
- Hans Zimmer
- Positive music
- Healing Sounds

- The Kalimba
- The Aztec Flute
- Fantasy Music
- Celtic Music
- Nordic Music
- Soul music
- The Piano
- 432hz Music (increases gratitude)
- Uplifting music
- The Bamboo Flute
- Sami Yusuf

There are so many healing instruments we don't know of that spark tons of positivity, inspiration, and motivation in our lives, but listen to the music that you know will uplift you. "*Hall of Fame*" by The Script is a good example. Search the words in the list above on YouTube and see what real music is – you'll be shocked at the wonderful sounds you'll come across, and even more shocked when you see what they do to your heart because they all spark the fire of gratitude and love inside of us.

The awesome thing about positive programming is that it helps to replace the pornographic images inside our hearts with good things. If you're just starting out with your journey, there might be a lot of images you're dealing with, but positive programming helps to relieve you of this struggle. *You can also play chess on your phone as this helps to remove the negative images immediately because of how focused you'll be on the game.*

Mission: Do at least 30 minutes of positive programming a day and don't consume anything bad. The ultimate consumption is to consume things that humble you before God.

THIS IS HUGE: Listen to the Qur'an with total hope and confidence in its Divine nature, which will be like a key that unlocks all its power for you. Your hope in something opens your heart to it, so have hope in the Qur'an so it can enter and clean the deepest parts of your soul.

WAR MINDSET

...

Approach your life plan with the same level of seriousness that a Commander approaches when he strategizes his plans for war.

...

You are a warrior in the battle of life.

When you wake up in the morning, the bell will sound – *Ding! Ding!*

Just like Muhammed Ali, you are to come out alert, sharp, and focused on growing. It doesn't matter if Ali feels lazy, weak, or tired – the round is still going, which means Satan ain't taking no breaks. You either fight or get smashed. The rounds last an entire day so you must keep up the fight. The bell to end the round will sound as soon as you go to bed. This is where you strategize, reflect, and get ready for the next round tomorrow.

**Your strength is God's help through gratitude, hope and prayer.
Keep doing the FP Method!**

The bell will ring as soon as you open your eyes again for the next round. You are to get out of bed like a lion, put up your guard, and be full-hearted, because if you don't, the enemy is still coming at you with a full onslaught from all angles. You are to assume a warrior-like mindset. Imagine being in a gladiator ring with hungry lions and ferocious enemies. You are not going to sit idle in *la la* land, you are going to fight and win. Therefore, you must imagine yourself as a warrior – because that is what you are. This is not a metaphorical tip to help you conquer lust, but a literal fact of your existence – you are in an actual spiritual war with actual enemies, and your soul is on the line. The enemies never stop, so you too – must never stop working and fighting. Put your alarm tone as a boxing bell or battle drums; I have mine as this samurai tune – whatever it takes, you must stay in the fight until the end.

THE ENEMIES OF **THE MORNING**

...

“If you win the morning, you win the day.”

– Tim Ferriss

...

You have two enemies in the morning.

If you manage to defeat the two enemies, the productivity and quality of your day will skyrocket, and you'll be less prone to falling into any bad habits.

It's like a chain reaction. The morning routine is what sets apart the productive day from the lazy day. So, it's very easy to have the best morning ever. Just beat these two enemies below and you'll be good for the rest of the day!

The two enemies are:

1. **Consumption:** Don't consume as soon as you rise. If you can beat the need to indulge in social media, foods, or any other kind of consumption as soon as you wake up, you have beaten this enemy.
2. **Laziness:** If you can resist the temptation to be lazy and sluggish, you have beaten this enemy. Don't hit the snooze button! Don't laze about. If you look at how a cat wakes up, they take their time, but they move their body. Get up! Push-ups are waiting!

How to Win: The best thing to do is the Forever Pure Method immediately as you open your eyes, because the reason you'll want to consume or be lazy is to because of these demons.

“The breeze at dawn has secrets to tell you.
Don’t go back to sleep!”
– Rumi

The best habit in any successful person’s life is the morning routine. Many wealthy people are very serious about their morning habits because they know of the impact it has on the productivity of their days.

Here are some things to do as soon as your eyes open:

- The Forever Pure Method.
- No looking at the phone (contain your energy).
- Pray and give thanks (write a gratitude letter to God on your phone).
- Work out (get your body activated with squats or push-ups).
- Sit with the silence (continue the FP Method).
- Go for a morning run/ walk.
- Get out in nature.
- Do some stretches or yoga.
- Get stuck into some work.
- Journal your thoughts.

There are many things you can do, but as long as you don’t fall into the two traps above, you’ll have the most awesome and productive day – *God willing!*

...

“By the glorious morning light.
And by the night when it is still.
Your Guardian-Lord has not abandoned you,
nor is He angry with you.
And indeed, the afterlife will be better than this one.
And your Lord is going to give to you,
and you will be so happy!”
– The Holy Qur’an (93: 1-5)

...

DOPAMINE HACKS

Below are some powerful hacks for getting more dopamine, the pleasure chemical, into your brain. Follow the powerful guidance below and also read the next chapter on the *Shaolin Discipline Exercises* because physical pain gives us the greatest dopamine rushes for faster healing.

Simply put, the more you apply these techniques, the faster your brain will rewire and restore back to health and vitality. Dopamine is like the colour that your brain sees in everything. Addiction drains the colour out of life and puts it on one thing. This is about taking back the colour from the addiction and spreading it out to the world again.

Micro-Tasking

The ultimate technique for building new habits is micro-tasking. Imagine if I say, “*climb this mountain,*” you will probably say, “*no way.*” But if I said, “*start with the first step,*” you will accept the challenge and most likely get to the top soon enough if you keep taking it one step at a time. This is the same with habits:

- *Rather than saying you’ll read 50 pages today, start with buying a book or reading 1 line.*
- *Rather than saying you’ll do 200 push-ups today, say you’ll do 2 push-ups. The 2 push-ups will become 4 tomorrow, and then 8 the next day, and soon enough, you’ll be doing 500 a day without even thinking about it.*

Whatever habits you know you need in your life to become great, start with micro-tasks and work up from there. We can’t jump up a whole flight of stairs, but we can take it step by step until we reach the top. And with every step we climb, we implement the dopamine hack below to make our transition into a new lifestyle even easier.

The Dopamine Hack

Micro-tasking combined with this hack makes it easy to fix your brain and get addicted to better habits instead!

Dopamine is the chemical that your brain wants, not lust or porn.

Dopamine is released on three occasions:

1. When you become excited about doing a certain activity.
2. During that activity.
3. When you finally complete that activity

This means it can be hacked if you simply *be excited* about your new habits *before* you do them, *during* them, and then celebrate *after you complete them* as if you've just won a gold medal. Simply pretend to be excited. Trick your brain. This will boost your progress like crazy!

So, before every micro-task, you must do three things:

1. Be extremely excited about the micro-task like you can't wait to do it!
2. Be excited and grateful during the micro-task like it's the best thing ever.
3. Celebrate after you've completed the micro-task as if you've just won a gold medal. Say "*yes!*" and really mean it to get that dopamine boost your brain wants.

Now, you'll become addicted to the new task. You'll feel more dopamine. Your desire to do it again will increase because of the dopamine spike. Your brain will now recalibrate and rewire faster and more effectively.

Dopamine system = hacked.

Dopamine Language

Whatever habit you are doing, implement some dopamine language for massive results. For example, if you are reading a book, say – *“I get to read.”* This boosts your gratitude and, therefore, spikes your dopamine making you want to do it more.

If you are doing an exercise and want more discipline and willpower to keep going, say *“I get to be disciplined, “I get to be a warrior”* or, *“I get to work hard!”* This will increase your desire to be a disciplined and hard-working warrior because your brain is now craving the dopamine from achieving these states.

Whatever quality you want to boost say, *“I get to,”* and follow it with whatever it is you want to be. *“I get to be patient, pure, strong, happy.”* This will release dopamine, and the dopamine will make your brain want these things more. During the hard times of writing this book, I said to myself, *“I get to make my family proud,”* and *“I get to help others.”* This gave me the extra dopamine boost I needed to persist.

Similarly, if you struggle in your journey, you can say things like:

- *I GET TO “be free”*
- *I’LL GET TO “have tons of energy”*
- *I GET TO “be powerful!”*
- *I CAN’T WAIT TO “feel this flowing power”*
- *I GET TO “Be wealthy and happy!”*
- *I CAN’T WAIT TO “make my family so proud of me”*
- *I GET TO “walk with God”*
- *I’LL GET TO “enjoy real love”*
- *I CAN’T WAIT TO “be free forever”*

You can also do this: Say, *“If I get this done, I’ll finally get to relax.”* This makes you want to complete the task so you can finally get the reward after! Dopamine language is cool!

SHAOLIN DISCIPLINE

EXERCISES

...

Pain is a humbling force...

...

By now you've probably got it – pain means growth, whether it is emotional pain or physical pain. Either way, any kind of pain you experience that doesn't kill you only makes you stronger because it makes you place your hope in God to save you.

The Shaolin monks are notorious for their tremendously brutal training methods and we see how it makes them tough in every way.

This is the true way to enlightenment – ***pain!*** *Both physical and emotional, but pain!* And the beauty of pain is that it acts as a payment for bad deeds, and this means further purification.

Physical pain makes you face your soul. It balances the scales of justice, provides great boosts of dopamine, and purifies you of sin. It adds focus and builds character.

Think about it – the gym is exactly like this – *before you enter, it's as though you are a piece of metal going into the fiery forge, but when it's over, you come out a shining sword. The pain did you well, your soul feels good, and you can't wait to get back in again for some good ol' discomfort!*

Below I have included six exercises that you can do from time to time, but because they include pain, you must first consult a trained martial artist or doctor before you do them:

Physical Conditioning: If you've seen the karate dudes break that wooden board with their fists, you'll know what this is. Strike things that are hard and the pain will free you. Condition your fists, forearms, and shins Wing Chun style!

Squat Hold/ Jump Squats: Do several squat-jumps until your legs feel the burn, and then keep going until you can't do anymore – now hold the squat for as long as you can by bending low. Your legs are going to shake and the pain will rile up. But this is all about training your willpower and focus. Keep pushing!

Professor Plank: Hold a plank for as long as you can! Try to beat your previous time with each workout. I think my best is around 4 minutes! (Yes, that's a challenge. Try to beat my score if you dare!)

Boring Jabs: This is extremely powerful for building discipline! I want you to do a really boring workout like *throwing a single jab a thousand times*. What will happen is, you will throw around 20 jabs and then get extremely bored. The key is to keep *pushing past this boredom* by throwing more jabs. The more you push past the boredom, the more you will increase in light. Even if you are crying with boredom! – *slow is smooth, and smooth is fast!*

Sparring: Find a partner and get your arse kicked. There is no cooler way to become a man. You don't have to go full-on. Simply learn the art of combat by working out your timing, reflexes, and shot selection. Go slow. It's all about learning and growing! Sparring at least once a week keeps you sharp. The way to get started is to go 3-for-3. This means your partner will throw 3 strikes and you defend; now you throw 3 strikes and he will defend. Takes turns like this, and then move onto slow and technical sparring, and work your way up from there until you both become tougher than Tekken characters.

REMEMBER: You must pray to God for the strength to keep going in these exercises using faith knowing that all power is His, and you must do these exercises for the sake of getting closer to God. Remember these two things.

A TRICK TO KEEP YOU AWAY FROM LUST

Me and my brother made a deal.

Every day, I have to swear by God that I did nothing lustful, and he has to do the same.

We can't lie when we swear by God because to lie in God's name would be a terrible sin.

This means I'll always know if my brother did anything lustful today.

And what is the penalty if he did do something lustful?

Good question:

- **50 leg kicks**
- **50 arm punches**
- **50 body punches** (none to the face and no injuring one another)

Consult a trained martial artist before you go ahead, or a doctor, but this is the deal I made with my brother.

Now, alongside my faith in God, I have an extra barrier of fear that keeps me away from lust.

That fear is, I don't want to get absolutely Mike Tyson'd by my brother with 150 power shots to my legs, arms, and torso.

This fear keeps my mind in check, and so does having an accountability partner that I can grow on this journey with.

Try it, find your partner and make this deal. If you fail, I guarantee after 150 shots, you won't ever want to relapse again.

THE COLD IS YOUR TRUSTED FRIEND

...

“The cold is a noble force.”

– **Wim Hoff**

...

Again, before embracing the cold, consult a trained martial artist or professional doctor. But once you get the go-ahead, get ready to become stronger in every way! Here’s why: Truth calls us to break free of the comfort zone but wrongful desire keeps us stuck inside it to a point where the soul becomes enslaved to the body, and why do we run to wrongful desire in the first place? It’s to escape, right? Well, imagine if you tried to hide in a cave and I lit the cave on fire. The pain would force you to come out of your hiding spot, wouldn’t it? Well, this is what the cold does to your soul. It forces your soul to come out and face the noise.

The cold is an extremely powerful remedy because it *forces* you to feel the present moment, like forcing a tortoise out of his shell. When the cold hits, your soul has no other option but to submit to the pain, and in *feeling* the pain of the biting cold, your soul is forced back to the present moment, and this is where huge healing takes place because you have no choice but to be humbled by the pain. And, remarkably, in this process, your bad deeds are cancelled out (*Prophet Muhammed (PBUH) said that “with the suffering of a believer, God erases his sins even though it may be the small pain of a thorn prick”*).

What I’m saying is – **pain is a humbling force.**

We live in an arrogant self-worshipping society, but when we are exposed to pain, the arrogance is destroyed to the ground as we humbly submit to God in all hope, devotion and weakness.

Try standing in a cold stream of water. The pain of the freezing water will be excruciating because it is forcing your soul to become humble whilst destroying your arrogance. This is why you'll feel like crying and as though you can't bare it. Your mind is trying to resist, but the heart wants you to keep going.

But that's the beauty of it. When in the cold, it's painful. It's everything that you don't like – *everything you fear*. It's hard, gruelling, and feels like your body will give up on you at any moment. The anticipation before stepping into the cold will also be huge like a big wall of terror trying to stop you from going in, and the more you persist in the cold, the more resistance you will face telling you to get out and snuggle up in bed – *but you won't do this*. The pain of the cold might feel excruciating at first, but after a while, it becomes the most refreshing and freeing experience ever. You will feel liberated because your soul is finally out of that claustrophobic enclosure of the deadly comfort zone. With lust, you will literally feel the energy breaking free of your private parts and expanding to the other areas of your body as if you are forcing your soul out of the enslavement to that area. It's painful at first, but with "*hardship comes ease (94:5)*."

Tasks for you to do

1. Ask God for strength to face this pain via God's mercy.
2. Accept any opportunity to be cold with open arms.
3. Cold showers after your warm showers are necessary.
4. Splash cold water on your face in the morning.
5. Watch a Wim Hoff video.
6. Get out and be cold.
7. The key is to humbly submit to God's grace with the help of the pain.
8. The idea is not to punish yourself but to grow through discipline, self-care, and love for your life.

THE POWER OF FASTING

...

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, and kindles the true light of chastity."

– St. Augustine

...

The Shaolin exercises; the cool trick; the cold; and now fasting. They all have one thing in common: *The use of pain in order to humble the heart*. Fasting is one of the greatest lifestyle habits that you can implement. The benefits are out of this world. I can't even begin to describe how beneficial it is for you but I will try as best as I can in this chapter. Firstly, fasting does not mean simply putting off food and drink, but putting off all impurities, like gossiping, lust, backbiting, foul language, and all other sins and immoralities. It is a full cleanse of the being – the *best* medicine:

"Fasting is the first principle of medicine. Fast and see the strength of the spirit reveal itself."

– Rumi

...

Types of Fasting

(consult a medical professional if you have never fasted before)

Dry Fasting: This is when you go without food or water for a specific time.

Intermittent Fasting: This is when you go without food, but can only drink water for a specific time.

The Powerful Benefits of Fasting

"Fasting is a tremendous weapon."
– Jentezel Franklin

Taqwa (God-Consciousness and Piety): Fasting brings you closer to God Almighty because you deny the body, and this pain makes your heart humble and **hopeful** because you realise how in need you are of God, and a humble heart is able to see the truth: *“Fasting is prescribed for you... that you may become mindful of God (2:183).”*

Focus and Control: If you can master food, you can master anger, lust, and anything else like it is nothing because hunger is the *strongest* desire.

Best Healing: Fasting is the first principle of medicine. When you are ill, have you noticed that you lose your appetite? This is because the body has a built-in mechanism where it knows that the key to becoming healthy again is to stop eating. Animals also naturally refuse to eat when they are ill.

Autophagy: After around 24 hours of intermittent fasting, the body goes into a stage where it starts to clean itself of all the unwanted junk, like excess fat, dead cells, etc. It does this because it needs energy, so, it targets the weak areas first. It's a super-healing mechanism that activates only when you fast for a long time and works wonders for the purification of the entire body.

Natural Colon Cleanse: When you fast, you skip a meal, but the body is already programmed to release stomach acid at that time because it remembers when you usually eat. This means that now your stomach is full of digestive acid but has no food to digest – so what does it do? The stomach acid just digests itself. Now you have this powerful acid flowing through your pipes cleaning out all the dirt accumulated from digesting food over years and years. It's the most powerful colon cleanse, and it's free!

The Secret to Fasting

The GREATEST reason why you should fast for this process is because when your soul is not distracted by food, drink, entertainment, and other stuff. The diseases in the heart can really reveal itself allowing for greater repentance and healing!

Below is a little poem I made called, the Art of Fasting. I hope you enjoy it:

• • •

To let go of the world and connect to the One,
Is the purpose of fasting once we have begun.
To put down all devices and to throw away vices,
To let go of food so gratitude and spiritual strength rises!
To detox the brain of all the junk files from the TV.
To connect back to the purpose of this miracle reality!
To learn to be bored. To be at peace with the silence.
To build a spidey sense to evil like an air raid siren.
To purify your heart to awaken the beast inside!
The art of fasting is an ocean where the sins go to die...

• • •

THE ALPHA DIET

(The Gut-Brain Connection)

What you eat has consequences on your thinking power.

More importantly – *overeating ruins your focus.*

Your gut plays an important role in your emotional balance. This is known as the gut-brain connection. Eat a banana, for example, and see how great you feel. Eat a burger and see how bad you feel. Make sure you eat the correct foods, like fruits and vegetables, and do not overeat:

- *1/3 of your belly should be food*
- *1/3 of your belly should be water*
- *1/3 of your belly should be air*

The most difficult thing in the world is stopping when you know you've had enough food. Most of us keep eating because it's so delicious until our bellies are full. This is called excess and bad for our health.

I do not need to tell you what is healthy, but all I will say is that we should avoid junk food. Sometimes it is okay, but overeating junk food regularly means your healing won't go as smoothly as planned, and you risk the loss of focus which heightens the chances of failure. Too much junk food is just bad, and there are too many reasons to note down, but you already know this so we're good here.

On the bright side! Here are some foods (and drinks) that I found to be spectacular for increasing healing, vitality, testosterone, strength, and focus:

Distilled Water: *“Only a fool would drink unsterilised water” (Nikola Tesla).* Today, our water supply is contaminated with so many chemicals that we could say our main source of illness comes from the tap, and this is the word of many acclaimed scientists. There are also tons of athletes and celebrities that drink pure water. So, my advice to you is to buy a water distiller on eBay for around

70 dollars and you will see the immense benefits of it. Pure water acts as a vacuum or magnet because of how clean it is. It is so pure, that when it enters your body, it sucks all of the junk and disease it comes into contact with and carries it out of the body. This is a *super-health secret* and you have it for free. The same people who think distilled water is bad for your health are the same people who think masturbation is healthy, so pay no attention to them. All I will say is, people have been drinking rainwater (which is distilled) for thousands of years. If you can't get a distiller, then drink bottled water (Smart Water is good). Just don't drink tap water.

Tongkat Ali (Longjack): I take these pills in capsule form every other day. Muay Thai fighters take them. They are the most powerful libido and testosterone-boosting pills I have ever come across. You become extremely triggered when you take them (massive urges), so if you understand the Forever Pure Method, then you can consume these pills and redirect the energy upwards. They also make the recovery extremely faster and more effective because of the increased speed at which testosterone is being produced.

Dark Chocolate: Known as a superfood, dark chocolate – and the darker the better, contains tons of nutrients that fuel focus and testosterone production. Take a bit of dark chocolate and you'll feel it start to work wonders on your brain.

Hot Water + Lemon Slice: This is another super recommendation and probably the greatest thing you could have to drink in the morning. It is outstanding for brain healing and strengthening the immune system. Try it once and you'll see the immense benefits of this super-drink, especially when combined with distilled water.

Tomatoes: There is just something about tomatoes that boost our overall vitality. They contain lots of nutrients to boost your health and work well in line with the body in strengthening the lower organ.

Meat: Meat should not be consumed every single day. It should be once in a while. Fish is great for your health, and so are eggs for muscle growth – Rocky-style.

Broccoli: This is a powerful testosterone booster and muscle-building superfood. It's basically a small tree. The benefits I have experienced from eating broccoli are immense when it comes to my healing and vitality as a man. Eat broccoli and become stronger than a gorilla.

Spinach: This is a wonderful testosterone-boosting superfood. Think of Popeye. What it does to him is real. Over time, it will do the same for you.

Omega 3 Fish Oil: Great for brain healing. Provides the necessary healthy fat that your brain can just enjoy.

Vegetables: All veggies in general should be consumed regularly. If you have a choice between veggies and meat, pick vegetables always. It is cleaner, purer, and better for your health.

L-Tyrosine: This stimulates the production of dopamine in your system, so this is a very good one to boost the speed of your healing.

Fruits: Eat fruits as much as you can. We are silly for not eating fruits as we should; I don't know what it is, but when we look at fruits, we don't see them as actual foods anymore. Eat tons of fruit and when you peel the orange, take a massive smell of the orange peel. Its healing smell will enter the brain and flow throughout your entire body – *one of the most refreshing things ever!* Fruits are also alive and are compacted with **healing life force energy**. In other words, fruits are food for the soul! – eat them often soldier!

...

"O' you who have faith, eat of the good things We have provided for you, and be grateful to God, if it really is Him that you worship."

– The Holy Qur'an (2:172)

RE-CONNECT TO NATURE AGAIN

...

Look at junk, you become junk.
But look at gold, and you become gold!

...

In the Qur'an, we are reminded that nature is constantly glorifying God. So, imagine if you are connected to it all. what kind of energy would it give you?:

The Sun: The sun nourishes our souls. Don't stay in the darkness of the four walls like a vampire! Get out in the daylight!

The Moon: The most beautiful thing in our world and most of us won't even gaze at the moon for one minute. We look and ignore. Building a relationship with the moon is one of the most effective purifying tools God has to offer you. Gaze at the moon and feel it nourish your mind and clean your heart. Forget gravity and look how it's a ball hovering in the sky. Who's keeping it up?

Earthing: Stand barefoot on the Earth. The negative energy inside you gets dispelled through your feet and is absorbed by the land. Search this practice to learn more about it and incorporate it into your life for powerful healing.

The Trees: Trees have a tremendous amount of abundant energy flowing through them. They give off tons of light energy. They are living beings, not dead objects. They feel and communicate with each other. In fact, when you enter into a forest, you are entering into an actual living being that is glorifying God. Feel that pure energy. Let it reconnect you to reality.

"The Heavens almost break apart, one above the other,
as the angels celebrate with praises of their Lord and pray for
forgiveness for all beings on the Earth: Behold! He is God!

The All-Forgiving, the Forever-Loving!"

– The Holy Qur'an (42:5)

The Stars: Star gazing is one of the most powerful practices we can do. The unfortunate light pollution we experience makes it difficult to do this. But if we were to see the stars with zero light pollution, we would understand immediately why it is referred to as the heavens above. At first, the stars seem like a jumble of dots. But continue gazing. The puzzle pieces will fit together – *the stars have a purpose*. I challenge you to look at the stars for 10 minutes. After, you will have tremendous clarity as if your mind has been washed by angels.

“The seven Heavens, the Earth, and all those in them praise Him.
There is not a single thing that does not glorify His praises,
but you do not understand their praise. He is indeed
the Ever-Forbearing, the Ever-Forgiving!”
– **The Holy Qur’an (17:44)**

The Pure Air: Breathe in the nourishing air as much as you can. Get outside and away from the stuffy indoors. Read the coming chapter on the *Secrets of Breathing* and you’ll see the power that each breath holds!

The Rain: For this, I’ll insert a poem I wrote a while back:

THE RAIN:

Whenever the pouring pearls would fall.
As children, we would never stall.
We would drop everything we were doing.
And run into the rain laughing and wooing.
We must never lose that child within.
If he is lost then find him again.
A way to test if the child is still there.
Is to look at the rain. Do our hearts still care?

THE POWER OF GRATITUDE

...

“He has given you everything you could ask for. And if you try to count the blessings of God, never will you be able to number them.

Indeed, humankind is very unfair, and very ungrateful.”

- The Holy Qur'an (14:34)

...

Before we proceed, let's take a look at the definition of gratitude:

Gratitude is the state of being humbly thankful or appreciative of another's kindness towards you. Gratitude is a state of *receiving* something, so when someone gives you a gift, you will be grateful to receive it. If you are not grateful then you can't really notice the gift in order to receive it. For example, if God gave you the gift of *control*, but you keep saying, “*I have no control! I can't do it!*” This ungrateful mindset is NOT allowing you to see or receive the gift of *control*. Do you see how it works?

Gratitude allows you to:

- Notice the gift.
- Use the gift.
- Appreciate the gift.
- Increase the gift.

Ingratitude means:

- You are blind to the gift.
- You're unable to use the gift.
- You get it taken away.

The Forgotten Law

...

“If you are grateful, I will bless you with more.”

- The Glorious Qur'an (14:7)

...

This chapter is going to completely blow you away because you're going to realise the operation of another fundamental spiritual law.

Have you ever bought something nice and for a week you enjoy it, but then you completely forget that it exists and now it's sitting in some drawer in the house?

Tell me – what made you notice it for that week?

It was gratitude. And when your gratitude for it died, so did your vision of it.

When God says, “*It is not the eyes that are blind, but the hearts (22:46),*” we might question, well how does the heart see?

The heart sees with love and gratitude. Without love and gratitude, you are blind. This is why the evil person is the ungrateful one in the Qur'an, and the true believers are those who are grateful – and it is this love and gratitude that allows us to see with the wonder and awe of a child.

If you've ever been in love, you'll get it. You're able to notice every single detail of their beauty and personality. This is because of how grateful your heart is for that person. You only truly see your loved ones with gratitude, and you will see them more as your gratitude for them increases.

But we are ungrateful for everything today, so we are blind. But I guarantee if we had two minutes left to live, we will start to see everything with such presence and clarity that it will feel like we never truly lived before because we now realise we're about to lose it all.

If you are grateful, your blessings will increase. If you are ungrateful, your blessings will decrease. This is the law. A divine law of life that is in play right at this very moment.

...

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

– Eckhart Tolle

...

If you are grateful to God for these words, you will understand better.

If you are grateful to God for strength, you will become stronger.

If you are grateful to God for purity, you will become purer.

If you are grateful to God for your energy, you will increase in energy.

If you are grateful to God for challenges, your challenges will be nothing to you.

If you are grateful to God for your life, your life will increase in abundance.

– *God-willing. It's all about humility and gratitude over arrogance and ingratitude.*

This is just how it works and it is that simple. If you are grateful for something, your heart will see it, and the more you practice gratitude, the more your heart will see it which causes the blessing to increase in your life. If you are grateful for your wealth, your heart will begin to see it with appreciation, and this will bring more wealth for you to see and be grateful for because God wants to bless you with more.

Think about it, why are we able to roam around in a video-game and say, “woooooow, look at these awesome graphics!” and then walk around in the real world where we have the frigin’ moon and stars – and not even look up? It’s because gratitude allows our hearts to see. We might ask, well why doesn’t God

just give us more abundance regardless? This is because we are in a *state* of ingratitude. If He gives us more, we'll still be in this state regardless. It's *us* who need to change to a state of gratitude and then God can bless us with more, otherwise God will just be giving us more things to not be appreciative for.

...

“God will not change the condition of a people
until they change what is in themselves.”

– **The Wise Qur'an (13:11)**

...

Ingratitude is a disease of the heart. Why would God give you more blessings just so you can be more ungrateful? He wants you to be grateful now so He can bless you with more, because then you will truly appreciate it and not get bored after a week. Think about it, imagine giving someone \$10 and all they do is complain and be ungrateful. Why would you give them more money to be ungrateful about. It just doesn't work that way:

“The lack of gratitude is one of the biggest blessing-blockers that there is – *man!* Why would God give you more stuff to NOT be grateful for?

Have you ever just looked at it that way? Maybe you don't have any more than you have, because you're not really thankful, or appreciative, or show gratitude for what you have had.”

– **Steve Harvey (billionaire)**

...

The key is to be grateful at stage one and then God can give you stage two of the blessing, and keep increasing you like this. In fact, in my younger years, I worked for a security company that did high-profile events. This means I got to meet tons of wealthy and successful people, and the shocking thing was, every time I interacted with one of the rich folks, I was dumbstruck because they were nothing like I was told they were. Every single one of them were grateful people

– *it was beaming from their eyes*. It made me realise so much about the difference between the poor and rich.

In all these years, I finally get it. Wealthy people practice gratitude. Poor people practice ingratitude. And by wealthy and poor, I mean the richness of the soul. This is why you see actual poor people in third-world countries with huge smiles on their faces. They are grateful people, and their reward cannot be imagined in the afterlife. So, *Gratitude is the water that makes the flowers of your blessings grow*. You are not growing in happiness, strength and financial riches because you are not watering your current blessings with gratitude:

“Allhamdullillah”

-- **The Holy Qur'an (The first verse)**

Which means all praise and thanks be to the Guardian Lord.

An expression of gratitude is the first verse, put there precisely to show us that this is the key to life.

...

The Three Stages of Gratitude

Gratitude has three levels:

Stage One: A person on this stage praises God for all of their blessings.

Stage Two: A person on this stage also praises God for all of their suffering.

Stage Three: A person on this stage is naturally praising God for everything.

We must master stages one and two, and then get onto stage three permanently. The goal is to completely restore the mind from ingratitude to gratitude. The Forever Pure Method naturally puts you in grateful state. That's the beauty of being hopeful towards God. It makes you focus on the grace of God, which makes us see that we don't deserve what we have, but God blesses and forgives us anyway because our Creator is the Greatest!

THE SECRET

OF BREATHING

The Eastern esoteric wisdom of breath states that it isn't the oxygen in the air that gives us life, but something else. Another element. It is the same element that is the main focus of this book. That's right. It is *life force energy, light energy, Prana, Chi, Mana*, or whatever you want to call it. *The air that we breathe is supercharged with it.* This wisdom can be found in the book, "*The Yogi Science of Breath*" by *Yogi Ramacharaka*. The full audiobook can be found on YouTube for free. Now check this out! This would mean that the purest medicine to cleanse your entire system is floating all around you! But you are disconnected from it as you take small, meaningless breaths and go about your day not even noticing it. Therefore, incorporate this breathing method into your life and reap the beautiful benefits:

Gratitude Breathing

1. Relax.
2. Inhale through your nose (mouth breathing is very damaging!).
3. Fill your brain (Chamber 1).
4. Fill your heart (Chamber 2).
5. Fill your stomach (Chamber 3).
6. Fill your lower area (Chamber 4).
7. Do one more fast-and-short inhale through your nose.
8. Hold it.
9. Exhale slowly with gratitude.
10. On the exhale, let all the negativity out.

Do it once and you'll instantly feel the stress relief. Take a full breath through your nose, fill all four chambers, do one last powerful inhale through the nose, hold it, and exhale the negativity away. Appreciate the entirety of the breath in thankfulness towards God, and keep doing this throughout your day.

BECOMING AN ALPHA MALE

...

“All I have in this world is my word and my balls
and I don’t break em’ for no one.”

– Scarface

...

There are three main character traits of your masculine higher nature. Consciously imagine and embrace these traits in your life, and keep working on them until they become automatic.

The Higher State of a Man is that He is:

- 1. Worships the One True God (Prophetic Mindset).**
- 2. A Protector of Women.**
- 3. A Fierce and Selfless Giver of Love.**

The way to summon the alpha state is to do the Forever Pure Method and this natural state will awaken in you. Now we’ll discuss these three in more detail:

1. Worships God Alone

The ultimate alpha male is the *humble God-fearing man who is so appreciative to God for creating him*, like Prophet Joseph – there is no doubt about this fact.

His attention is not in porn, drugs, the Government, people, women, pleasures, the Devil, or anything else. The true alpha’s hope is in God, and so, he is free because nothing is his master apart from the actual Master. This state is achieved with repentance and by doing the Forever Pure Method because it removes these damned demons that have distracted you for so long.

The one in this state has the most clarity, is the wisest, is the most awake, is in control of himself, can face any worldly fear, and can conquer lust the way a tiger can conquer an ant.

All we have to do is look around at the world. Look at the people who have placed their hope in God: Ronaldo, Khabib, Muhammed Ali, Salah, MBappe, Tony Robbins, and Napoleon Hill, and these are just off the top of my head, but the wealth, success, power, and abundance that they have is surreal. And even the greatest get-rich books talk about the *Superconscious*, or *Superintelligence*, which means God Almighty. A man who fails to even look into the spiritual realm is a tremendous fool, and is only this way because of his arrogance.

“Whoever rejects evil and believes in God (by having faith and confidence in Him) has grasped the most trustworthy hand-hold that will never fail, and God hears and knows all things.”

– The Holy Qur’an (17:44)

...

“And your Lord is in observation.”

– The Holy Qur’an (89:14)

...

The alpha male, in worshipping God with total hope and faith, also fears God, and this does not mean being scared of God. The fear of God, in detail, means:

1. *Being ashamed to do bad things.*
2. *Being aware of the awesomeness of God.*
3. *Having a deep respect and reverence for God.*

Imagine a mountain or a lightning strike. You think *woah*, and your jaw is wide open alongside your eyes in wonder and fear. Now imagine the power, love, and glory of God who made it all. We can’t even lift a 10kg stone for a long time; imagine the strength of God who holds the weight of the entire cosmos like it’s

nothing. Imagine the mercy, beauty, and love of the One who gave us an infinite array of blessings. This *awe of the awesomeness* of God should always be in our hearts because our whole lives, including the entire universe, are in His hands, and He doesn't even tire or get sleepy from guarding it all – *so woaah*.

Also, in the same way you fear your mother or father, the same fear applies to God, but to a far greater extent. You are ashamed of upsetting those you love because you love them so much, so you don't sin. Therefore, the fear of God is one of the Infinity Stones to life and really strengthens us once we begin to understand it.

...

“The Fear of the Lord is the beginning of Wisdom.”

– **The Holy Bible (Proverbs 9:10)**

...

2. A Protector of Women (A True Warrior)

Forgetting our role towards to women is one of the biggest problems in society.

As men, we have forgotten how to see women.

What are they to us?

If a woman walks past us, what is our reaction? What do we do?!

...

“Men are the **protectors and maintainers** of women.”

– **The Holy Qur'an (4:34)**

...

David Deida's book, *The Way of the Superior Man*, explains the nature of the masculine and feminine. The feminine is in tune with divine love. She is an orchestrator of love by way of her incredibly heightened emotional intelligence. She can feel the energy of love, and if it is not present wherever she is, she cannot function properly – *she'll get agitated and will feel a desire to fix it*. This is why women love dramas on TV because they get to work with the emotion of love as the show progresses.

For example, when I say love, I mean everything to do with love. Purity, cleanliness, laughter, happiness, God, etc. Do you see how the women in our families uphold everything by making sure the family is operating in love? Full bellies, a clean house, happy children, smiling faces, trust is flowing, and everything is lit up with love. You see? The mother is selfless. She doesn't care about herself; she is constantly working to make sure everyone is always happy and in love at all times. She is constantly pouring her love out and making sure everything is in line with divine love. This is why when there are no women in the home, to me at least, it becomes a grey and dull house. So, if the women can't feel love, they'll try to increase it by making things clean, cooking food, starting a conversation, etc.

Therefore, anything that goes against love will make women unhappy because they feel it deeply. If you leave your socks out, she is not complaining about the socks when she tells you to pick them up, but about you not being clean as a person. This is because being lazy and filthy goes against love! When she shouts at you for not doing what you said you were going to do, she doesn't care about the thing; she cares about you not being a man of your word. This is because lying goes against love and the fact that she has lost a little trust in you upsets her, because love is truth.

...

"She is the source of mercy in the world."

– Hamza Yusuf

...

Women are “*emoters*.” Whatever women feel, they will try to put it into words. They will *emote* their feelings in the present moment. This is why she will say one thing now, and then completely change her mind in 5 minutes. It’s because she *feels* different, like an ocean of love, constantly changing and reacting. So, as men, we should see women as an *emotional compass for the present moment*. In other words, she tells you what the feeling in the air is right now, which is highly helpful for a purpose-driven man in many situations where she can advise.

In any case, the masculine man is a fierce protector of this ocean of love that is the woman. This is our higher nature. It is our duty to protect the feminine so she can be free, in love, and in tune with her feminine self, and like this, we keep the love alive in the world. She is the ocean and you are the dam. She wants to be free so she can pour out her love, and you make sure her love does not transgress against God’s law, and that no one harms her in the process.

Furthermore, your lower nature with regards to women is *lustful*, but your higher nature is *protective*. As men, this higher protective instinct towards women is something even more deeply embedded inside of us than our sexual desire, and when this higher protective nature is unleashed, lust is overridden and incapacitated; neutralised, and conquered. If we were to assume this protective nature the way Ironman puts on his suit and work on strengthening it, the lower lustful nature will start to evaporate and, soon, it will be destroyed completely.

Where our lustful lower nature kills the woman’s soul and turns her into a dead doll to be abused and then thrown away; our higher protective nature reveals the full spectrum of her beauty, both from her outward appearance and her beauty within. We see her for what she truly is, and this feeling destroys lust completely because it feels 1,000,000x better to love and protect rather than to lust and devour.

It feels better because lust is skin and flesh, and all kinds of destruction fall upon your head when you take the route of chasing and abusing the flesh of others. Truly think about it, *skin and flesh*? On the other hand, our desire to protect in

the name of love feels a trillion times better because we see the universe of beauty within her, and this makes us want to protect her like you would a sister, mother, or daughter. Men did this in the past. When beautiful women walked by, they would tip their hats, bow their heads, and say, “Ma’am” – *This is what we need!*

If we do not embrace our higher nature,
we can never rise to greatness.

This desire to protect is so compelling and strong that you become aggressive, angry, saddened, and full of the desire to take her away from the Hell she is in if she becomes hurt. *Think about how strong your desire is to protect the women in your own family and you’ll understand how powerful your higher nature is.*

3. A Fierce and Selfless Giver of Love

An alpha is in love with God, and this makes him immovable in his desire to carry out the work of God in the world. So put 110% of your heart’s love into changing the world for God. Be an absolute fierce warrior in giving love out to yourself, the people you see, and towards your purpose for making the world better. Never take *selfishly*, but give everything you can *selflessly*.

To do this: Wherever you go, and whatever situation you are in; think of yourself as a loving helper. This is the best stance to take as an alpha in order to provide the most love in any given situation. The masculine is a giver. The feminine receives. So, give and don’t stop giving.

...

“Wherever you go, go with all your heart”
– Confucius

...

The Beauty of It

When you interact with the women in your household in the alpha state; as a man aware of God's presence, as a protector and leader; and as a fierce giver of love; and when your masculine energy increases so that this higher state becomes natural; you will find that their faces will soon beam with pride and love for you – they will feel your energy, and sense the pure love.

Now they will feel secure and happy to let go and be in their natural feminine states. You'll notice this as the women will start to act silly and happy around you. This is because you make them feel safe – *good job G!* And trust me, being an alpha; making women feel safe around you in love is where the real pleasure is. There is nothing cooler than making women feel safe just with your presence.

Lust is a dark and evil disease that makes us the worst of men, but being true men in the presence of women is one of the greatest joys you will ever experience in life. The way women will just cheer for you, and the way they light up when they see you operating in your highest state is something I have no words for. You can tell that God is happy with you by how the women, and all people for that matter, are now treating you.

Remember to keep being a lover and never stoop down to the level of those that are heedless. Fight back with what is better and turn away from the women that engage in all that evil garbage online. Be better and lead by example. Your women watch you.

...

“Don't degrade a woman, and don't allow her in her
heedlessness to let you degrade her.”

– **Hamza Yusuf**

...

THE LAW OF LOVE

Everything in God's creation is built upon the foundation of divine love. Once, there was a moment when God had the idea to create you. He loved the idea of you and decided that the universe would be incomplete without you. This is the love God used to bring every intricacy of your design to life.

It is the same with every other thing in creation, it all sits upon the foundation of God's infinite love. This means there are divine laws in place for those who think it's clever to violate this love. What would the consequence be for someone who looked at your mother, daughter, or sister, as though they were mere objects to be abused and thrown away? And that's just looking. What if they were to do all the other stupid crap that lust entails?

How would we react to this tremendous act of crime? Exactly. So, what would be God's reaction to lust?

What consequences are put in place for those who violate the universal and divine law of love when they *know* it's wrong? Well, we have come to know some of the worldly consequences, and all you have to do is recall the times you have fallen into it. The heartbreak leaves a person distraught. Lust really destroys the entire being, and look at all the sexually transmitted diseases flying about too. But if there were no consequences, then we would not return back to the righteous path. Again, this is God's love bringing us back.

But let's look at the ultimate consequence. Where are those consumed by lust heading in the long run? The paedophiles, rapists, perverts, sex traffickers, porn industry owners, and the rest in this category of the cowardly and weak. The people who purposely choose lust with no intention of changing can only be reformed by one last thing. If the consequences of this life will not teach them, then the only thing left is the consequence of Hell. *Look at the long run.* If a spiritual Hell is where lust gets you now, then Hell is where it is pulling you when it's time to leave this life. Think about it. What reaping will a man do who spent his life sowing the seeds of lust, abusing the bodies of women, and ignoring the

shame? There is much told about the reality of Hell. The retribution of the fire is very real, and we must fear ever having to face this place. God is the most loving, but must also be just, otherwise His love would be weak. In the civilisations that had high levels of morality which called for zero tolerance on lust, the penalty for people who committed this crime was severe. It would have been the same thing you would feel like doing if someone were to violate your mother, sister, or daughter with lust.

The penalty was immediate death in the old times. They would either whip the person in public, or they would put the person in the ground up to their bellies, and stone them until they lost consciousness or passed away. This is not because of how *strict* they were, but because of how much they valued *love*. Love is the thing that keeps society intact, and so, a person who violated the law of love was punished severely because they went against the very glue that keeps people together.

With every slash of the whip, or throw of the stone, the people were also killing the part of their own selves on the inside that was inclined to lust. They simply would not tolerate acts of sexual immorality because they knew what would happen to society if this disease was to spread. They were protecting their loved ones from lust by punishing the offender. And all it takes for you to see what lust does is to just look at the world. Look at what lust is doing to people. Look at the crazy things people are doing because they have lost control of their private parts. That's why the punishment above was seen as justification for such a great crime.

So, ask yourself, and truly reflect: *If I engage in lust, what kind of Hell will my life be:*

- *1 week from now?*
- *3 weeks from now?*
- *6 months from now?*
- *2 years from now?*
- *What if I died in this state?*
- *And remember, we are only wronging our own souls.*

WHAT WOMEN REALLY WANT IN TWO WORDS

Women simply want a *father figure*.

“Men are the protectors and maintainers of women (4:34),” says God, and women know this deep down, so, they desire a strong father figure as a husband. The marriage contract is really the father giving away his responsibilities to this other man who has sworn to love and protect her, *“for better and for worse,”* as they say. Here are some further facts about why women want a father figure, so you can be the ultimate male:

A father figure does NOT:

- *Insult her.*
- *Abuse her.*
- *Beg for her.*
- *SIMP after her.*
- *Chase after her.*
- *Watch porn all day.*
- *Submit to her beauty.*
- *Do whatever she says.*
- *Complain and be petty.*
- *Send 50-page paragraphs.*
- *Be weak physically and emotionally.*

On the other hand, a father figure IS:

- *Strong.*
- *Decisive.*
- *Dominant.*
- *Confident.*
- *Not a SIMP.*
- *God-fearing.*
- *Fiercely loving.*

- *A strong leader.*
- *A bread-winner.*
- *Purpose driven.*
- *A master of self.*
- *A powerful protector.*
- *Loves her unconditionally from the inside.*

You see? The ultimate type of male is the father-figure because he is the most mature and wise. She feels safe and protected with the father-figure because she senses you are a purposeful, moral, God-fearing warrior.

And when you make her feel safe, she can naturally let out her feminine side to the max. You will start to see and understand this when you become a stronger man; you'll see the women change around you because you make them feel safe.

To learn more about this, check out the book, "*Way of the Superior Man*" by David Deida. Listen to the audiobook and you'll be blown away. You'll start to see women a whole lot differently and truly understand their mindset – *yes, women are completely different from men, but that's how we complete each other.*

To understand the difference, look at the strengths and weaknesses of the old-school king and queen couple. The king is physically stronger on the outside but emotionally weaker on the inside, whereas the queen is emotionally stronger on the inside and physically weaker on the outside – Yin-Yang! ("And we have set the balance (55:7)!" like this, they complete each other and make a formidable team capable of conquering and ruling entire kingdoms.

...

"Men are the **protectors and maintainers** of women."
– The Holy Qur'an (4:34)

...

THE BEAUTY OF WOMEN

I wanted to honour women in the best way I could, but I give this chapter to the great Hamza Yusuf who said it perfectly. Read this often because it is truly the greatest depiction of the beauty of women and their power to change the world:

“William Blake said, “the nakedness of women is the work of God.”

Chastity and purity have always been the great virtues that come naturally to women, but what man must learn.

The Qur'an uses Mary, The Mother of Christ, as the great paragon of chastity, virtue, and purity of heart, and describes her as an ideal for men and women.

“And God has made an exemplar for those who believe in Mary, who guarded her chastity, so we breathed our spirit into her and she confirmed the pronouncement and scriptures of her Lord and was amongst the pious (66:12).”

It is from women then that men learn chastity and purity, which in turn, protects the scared nature of women, alluded to in the Arabic word for women, “*hurma*,” which means, “that which is sacred.”

Now, the failure of men in imitating women in their natural virtue has resulted in women rejecting the double standard of men and imitating men in their natural vice. (read this again)

The spiritual power of women is great, but so too is the power of their physical attraction to men. It is this power that causes vile men to dominate women and virtuous men to honour and want to protect them.

But the physical power of the female form over men is a sensory power that veils men from her metaphysical meaning. Her sensual form prevents men lost in carnality from knowing her spiritual

reality. She is the source of mercy in the world. The Arabic and Hebrew word for womb is, "*rachm*," "*rahm*." From that is derived the word for mercy, "*rahma*." And the womb is also an expression of the creative power of God in man.

In degrading women, we degrade the highest qualities of our human nature. In elevating her we elevate our highest nature.

When her natural virtues; compassion kindness, caring, selflessness and love, predominate in men, men are able to overcome their natural vices and realise their full humanity.

When, however, those virtues are absent, men descend to the lowest of the low, and are worse than beasts.

In unveiling the outward beauty of the women, we become veiled from her inward beauty. As a poet from the distant past, Jami, who was the equal of Rumi in Persian tradition said: *I said to my rose-cheeked lovely, 'oh you with bud-like mouth, why keep hiding your face like flirting girls. She laughed and said, "unlike the beauties of your world, in the veil I am seen, but without it I am hidden."*

– Hamza Yusuf

...

You might have to read it a couple of times for it to hit, but this is one of the most beautiful essays ever written about women and our struggle with lust in the modern times.

...

PART 3

*KNOW YOUR
ENEMY*

“The prettiest trick of the Devil is to persuade you that he does not exist.”

- Charles Baudelaire

• • •

Surah An-Naas (Chapter: Mankind)

In the name of God, The Most Gracious, The Forever-Loving.
Say: I seek shelter with the Lord and Cherisher of Mankind.
The King of Mankind.
The God of Mankind.
From the mischief of the slinking whisperer, who hides away.
Who whispers into the hearts of Mankind.
From amongst the Jinn and people of Mankind.

Surah Al-Falaq (Chapter: The Dawn)

In the name of God, The Most-Gracious, The Forever-Loving.
Say: I seek shelter with the Lord of the Dawn.
From the mischief of what He created.
From the evil of the Darkness as it overwhelms.
From the mischief of those who practise dark magic.
And from the mischief of the envious one as he envies.

• • •

DEMONS ARE REAL!

God has set a fine balance! You know angels are real.

They protect you. You have two guardian angels on your shoulder, and there are loads more around us we can't see.

Angels are real and you believe it, so believe me when I say demon are real too.

They lurk in the darkness and feed off of your light energy (Chi), and because they can't have any Chi, they steal yours by making you sin. Do you understand? When you watch pornography and masturbate, for example, you are losing Chi through your eyes and through your private parts – *they've drained you*.

“Stay alert and sober-minded! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.”

– The Holy Bible (Peter 5:8)

These demons exist – Say it 100 times.

They are all around you.

They don't stop working to destroy you. Look around at the world.

The corruption that wreaks of demons is all around you. Look at the music videos and the Illuminati people who worship demons. There are interviews, case studies, and literal ways to summon a demon (don't do this). They exist just like the sun and moon exist, and they hate that you're reading this.

You can even feel it. You'll be doing well, then all of a sudden you get a terrible thought – don't you see? That wasn't you, but a whisper from a demon from the unseen realm. You must fight the spiritual war, and the first step to a fight is to know the enemy.

SATAN **(The Fallen One)**

In Every culture. Every religion. Every race. They have their understanding of Satan, but although the beautiful languages are different, the fact we share is the same: *Satan exists and he is your enemy.* **HIS PRIMARY OBJECTIVE is to turn you away from the Creator. He accomplishes this with fear.**

“Indeed, Satan is to you an open enemy,
so treat him like an enemy.”
– The Holy Qur’an (35:6)

Of course, being the ultimate deceiver, many people think he doesn’t exist and it’s just a fantasy, but these kinds of people refuse to look around at the obvious signs of this mischief artist at work. *Deceiver means that he doesn’t just lie, but he twists the truth a little to lead people astray. It means to mix truth with falsehood. It’s as they say; the worst lies are the ones with half-truths in them.* In this part of the book, I will be explaining how the deception works and how we always fall for these stupid temptations every time?

“O’ children of Adam. Don’t let Satan tempt you the way he caused your parents to fall from Paradise, revealing their shame to them. Beware! The Devil and his tribe (of djinn or demons) see you from where you can’t see them.”
– The Holy Qur’an (7:27)

“I shall lie in wait for them on your straight path: I will assault them from their front and back, from their right and left; and you will see that most of them are ungrateful!”
– The Holy Qur’an (7:16)

Get ready to understand your enemy a whole lot better! *This war is ours.*

THE SLINKING WHISPERER

...

“And no wonder, for even
Satan disguises himself as an angel of light.”
– **The Holy Bible, 2 Corinthians (11:14)**

...

First, let's take a look at the nature and personality of this guy.

In the Holy Bible, he is known as the “*Father of Lies*” (John 8:44). We can also translate it into the “*Father of Ignorance*” because it is his main purpose to keep the people from “*using their minds most effectively*” (See Napoleon Hill's “*Outwitting the Devil*”).

The greatest lie is in making people believe he doesn't exist, but it doesn't take much looking around in this day and age to see that he is indeed as real as the sky. In his legendary book, “*The War of Art*,” Stephen Pressfield calls the Devil, “*resistance*.” He sees it as this force that's always trying to stop us from being great.

Satan is what you would call a master negotiator; the greatest of lawyers. He can't *make* you do anything, but he *can* suggest the evil to you, and he persuades you to commit terrible sins by breathing fear into your heart. The seven fears behind lust which you will learn about later on are all orchestrated by the Devil and are the main fishing hooks that he uses to pull you towards shameful sexual sins:

“Satan promises them and raises false hopes,
But Satan's promises are nothing but deception!”
– **The Holy Qur'an (4:120)**

...

WHY CAN'T WE BE FRIENDS?

That's a good question. I mean, what is his problem anyway, right?

Take a look around at the world. Look at what human beings are capable of. Look at the malicious crimes that human beings commit. Also, look at how stupid we are. Why do we need to build huge bombs when we only have one Earth?

For these reasons, the Devil believes that we should not exist, and he refuses to bow down to something so weak in comparison to him. He is now violently furious and aims to drag as many of us down with him as he can.

...

"Behold, we said to the angels, "bow down to Adam," and They all bowed, except for Iblis (Lucifer) for he was arrogant."

- The Holy Qur'an (2:34)

"The Lord said: "O Lucifer! Why do you not bow with those who bow?" Lucifer said, "It is not for me to bow to this creature that you created from a weak material."

- The Holy Qur'an (15:32-33)

...

Here we see that Satan refuses to give us respect and treat us as his equal because of our inferiority to him. We are prone to tremendous wrongdoing. We are foolish, ignorant, and ungrateful creatures. We are also physically weak being a creation of Earth and clay whereas Lucifer is made from pure fire. So, Satan is just racist. He believes he is physically superior, but is slowly realising that we are the most powerful of God's creatures on the inside.

So, Satan, which is now his new name, meaning *the accursed one*, refuses to bow to *this* and is doing everything in his power to try and prove his point to God – that we are ungrateful, and unworthy of existence.

He doesn't see that inside of us is the spirit of God, nor does he see that we are capable of great love and strength, or perhaps he is incredibly jealous of us. These things only God truly knows, but what we know is that Satan hates us big time.

After he refuses to bow, God expels him from Paradise because there can be no arrogance in such a holy place, but before his expulsion, Satan asked God to give him some time (15:36).

God accepted his request and Satan explains how he will use this time in these profound verses below:

“My Lord, since you made me go astray, I will beautify the path of error for them on the Earth, and I will make them all go astray.”

- The Holy Qur'an (15:39)

“I shall lie in wait for them on your straight path: I will assault them from their front and back, from their right and left; and you will see that most of them are ungrateful!”

- The Holy Qur'an (7:16)

Here we see that Satan's plan is to show God that you are an ungrateful creature not worthy of existence, and he does this by attacking you from every corner with fear. From the front (with the fear of poverty, and anxiety), from the back (with depression), and from the right and left (with the bombardment of lust and sin around us), all in an attempt to prove that we are not worthy of our blessings.

An example of this is a drug dealer. Satan puts fear in his heart that there is no other way to earn money. This makes him ungrateful for the money-making tool that God has designed him to be. He shows further ingratitude because he loses trust and hope that God will provide for him from the Heavens.

Now, this ingratitude leads to committing the immoral deed of dealing drugs and destroying the lives of other people. Mission accomplished by the Devil; he has proven that man is an ungrateful and cowardly wretch.

He wants to prove to God that the human beings do not deserve what they have. And so, before we could wreak havoc In Paradise, God moved us all here: *“Go down to Earth as enemies to one another, and you will have upon the Earth a place of settlement and provision for a while (2:36).”*

So, the real war you are facing is not with lust, but against the whispers of this guy and his minions. He hates you and he doesn’t stop working to destroy you.

...

“Put on the whole armour of God, that you may be able to stand against the schemes of Satan. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

– **The Holy Bible, Ephesians (6:11-12)**

...

The game of life is a battle for our souls, and the thing about lust is, it shows you, first-hand, what it is like to lose your soul. We know what it’s like to have the soul enslaved to lust rather than be free with God. This is the same with any kind of addiction. An addict knows what it’s like to have their soul enslaved, and the feeling is Hell – exactly where Satan wants you.

But do you love God more than anything? That’s the whole point. Satan wants to prove to God that you don’t love God. That, at the first sight of some temptation, you’ll run away from God because that’s just the type of creature you are. And your job is to prove that you *do* love God. That your love for God overshines anything else in your life. You must prove that your hope in God’s mercy is bigger than any shameful deed you can commit.

THE BEAUTIFICATION OF SIN

...

“The evil one had beautified their deeds for them and kept them away from the right path.”

– **The Great Qur'an (29:38)**

...

Sin is a shameful deed that harms us. The Devil beautifies sin for one reason. The whole point is to make people lose hope in God's mercy once the sin is committed, or in other words, make them ungrateful towards God. He wants your soul, literally, these demons feed off your energy!

To increase our love for sin, he will make the sin look as appealing as candy floss is to a toddler; as refreshing as a rainbow is after the storm; as tantalising to our curiosity as a laser-pen is to a cat; and as breath-taking as the chocolate factory was to Charlie.

Not only this, but in his beautification of the wrong path, he will make it look as safe as possible. In other words, he will make people believe that there are little to no consequences if we were to engage in it, and this breaks down our defences and beautifies the wrong path even more.

...

I will beautify the path of error for them on the Earth,
and I will make them all go astray.”

– **The Noble Qur'an (15:39)**

...

Look around...

Isn't the wrong path the most alluring for everyone?

Why is the path to God seen as boring and not worth our time?

Nobody seems to like fruits, books, God, righteousness, hard work, discipline, modesty, virtue, truth, and purity. Only a rare selection of the 1% are walking this path.

The rest seem to be more inclined to drugs, alcohol, materialism, gossip, violence, lust, ignorance, vanity, selfishness, greed, and time-wasting.

...

"In my era, it was embarrassing to be a snitch, a backstabber,
a user, a cheater, a junkie, or a hoe. These days people
do it with pride like it's normal."

- Dr. Dre

...

With lust, the sin will be so exaggerated in today's world that it will look like Heaven in your head as you think of this woman. Her skin will look 100x more golden in your mind. Her voice and touch will be as soft as a small kitten's.

It will look like only a fool can say no to this opportunity. But it's fake! And this reality hits *after* the fall.

After the sin, we realise it was the total opposite of beautiful. It was the most disgusting and filthy experience you could have had and you now feel dirty and sick inside your stomach. The golden skin was nothing but an aging outer layer of hair, acne, stretch marks, and other human normalities. Her beautiful angelic mask hid the very face of the Devil himself and it could all be seen through her eyes.

It is Hell with the door of Heaven. Remember this. That's what lust is. Hell with Heaven's door. So don't be fooled by the beautification of sin around you. It's all a ploy. A psychological operation. A marketing strategy. A Weapon! Stay alert. Stay safe! Stay away from shameful deeds.

THE SEVEN FEARS

BEHIND LUST

...

“Satan threatens you with the fear of poverty so you are driven to immorality, but God promises you forgiveness and great abundance. And God cares for all and knows all things.”
– **The Great Qur’an (2:268)**

...

The Eyedrop Example: The best way to describe this type of fear is with the example of the eyedrop. When most people put in the eyedrop, they get very scared and constricted. They start twitching and closing their eyelids. They want to turn away and not move forward.

This is fear out of terror and not the fear out of love and respect we have seen before.

Terror is a constricting emotion. It constricts and freezes you from moving forward. Have you ever been in a pitch-black room and you are afraid to move? You feel frozen right? This is the force of terror constricting you. This is the same kind of fear that controls animals to stay in their enclosures.

The Qur’an describes this with the example of lightning: “*Every time it lights the way for them, they walk; but when darkness comes over them, they stand frozen (2:20).*” Here, God is telling us that it is the light that allows us to move, and we innately want to seek the light, so we should run to the light! It truly is a profound and eye-opening verse that shows the nature of wrongdoing people, as it is truly is arrogance that stops us from walking the right path; an arrogance the Devil wants to reveal to prove we are unworthy and ungrateful. Now let’s

take a look at the seven fears behind lust to see exactly how Satan tries to lure us in to his trap, and remember, Satan is targeting the broken parts of your soul.

The 1st Fear is called *The Fear of Missing Out*

The Devil will tempt you by whispering into your heart that if you don't check out that girl, you will miss out on this opportunity to see your greatest worldly desire! The Devil is telling you, "*she's right there! Take a look because you won't ever get to see something like this again!*" This fear combined with your curiosity gives it a double effect in driving you to lust. "*Don't miss out on that pleasure*" – says the Devil. The fear is restricting you now and trying to make you fall back to wrongful desire like the eyedrop example explains. This fear is one of the best marketing tricks out there and is commonly used in copywriting and adverts.

The 2nd Fear is called *The Fear of the Present Moment*

This is when the Devil will try to tempt you with the fear that you are simply not man enough to deal with the present moment in your life. He will use your pain against you and make you feel like you need to escape to feel better. This is the one where he tells you that your shame is too much and God will never forgive you because your sins are too humiliating. He'll fill your mind with anxiety, stress, depression, and all kinds of negativity to cloud you from facing this shame in the present moment which is trying to help you repent.

The 3rd Fear is called *The Fear of The Light*

The Devil, in this instance, will tempt you into turning back and fleeing from God. He'll give you doubts about God, the afterlife, eternity, Judgment Day, hard work, and purpose; and the size of your dreams will be shoved in your face to scare you. It's as they say, "*it's our light that scares us the most,*" because we know how big our potential is. So, the Devil will do everything to make us feel doubt about the light, even if it's making you fearful of what people will think about you as you begin to rise up: "*We can easily forgive a child for being afraid of the dark; the real tragedy in life is when men are afraid of the light!*" (Plato).

The 4th Fear is called *The Fear of Being Without it*

The Devil will try to persuade you that you need lust to survive otherwise you are nothing without it. He will make you believe you are forfeiting some crazy-big pleasure and you have made a mistake. This is not true. Remember the ocean story of the fish in the *Flatline* chapter.

The 5th Fear is called *The Fear of Being Unworthy of Real Love*

This is when the Devil will try to persuade you that you are not worthy of giving and receiving *real love*. He'll try to make you feel so crap about yourself, and this fear will drive you to lust because you think God doesn't love you and nor does anyone else.

The 6th Fear is called *The Fear of Inadequacy*

The Devil will make you believe that you can never get a girl like the beautiful women online, and this makes you want to go online and look at that crap. The truth is, God has someone perfect lined up for you, and if you pass this test, in Heaven you'll be given a woman of unimaginable beauty. They say that, even now, they ask of you and can't wait to see you. Don't let the Devil take you away from this path to Heaven – this is spiritual warfare!

The 7th Fear is called *The Fear of Uncertainty*

We like to be certain about the future as the deep waters make us doubt, but God wants us to trust *His* plan. This is where the Devil sticks his nose in and puts fear into your heart of an *uncertain* future. He makes you think – *how will I ever achieve this or that?* and this fear restricts you from moving forward on the right path and forces you back to wrongful desire.

These are the seven main fears that Satan uses and below are some random examples of what he might say inside your heart to make you engage in lust. Try to figure out which fear it is:

- “You should text that girl just to see what she says, don't miss out, she might like you.”
- “You are depressed and in pain. Watch some pornography and smoke some weed.”

- *“No person can love you, just watch pornography and forget it.”*
- *“You’ll miss out on some amazing new videos if you don’t search it now.”*
- *“You’ll never be able to get her, so you might as well watch pornography.”*
- *“Oh no – I feel crap, prayer won’t help, we need alcohol.”*
- *“Look at that girl walking past, you should look now because you’ll miss out if you don’t!”*
- *“How will I ever become rich? I am so weak. What will I do? I need to escape my problems!”*
- *“You can’t survive without pornography because you’ll never get any girl like that. You need it.”*

In the Garden of Eden, it was the 1st, 3rd, and 7th fears that Satan used as marketing to get Adam and Eve to fall. He said to them, *“Your Lord has only forbidden this tree to you only to prevent you from becoming angels or immortals (7:20).”* This made them not want to miss out, extremely curious, and doubtful of God. But right now, he’s using *all* seven fears against you, and maybe even some more we haven’t covered.

“Say, My Lord only forbids immoral and shameful deeds, both open and secret, and sin, and unjustified violence, and that you associate anything with God for which he gave you no right, and that you say about God what you do not know.”

- The Great Qur’an (7:33)

...

Study these well, and remain focused on the Forever Pure Method because Satan is trying to break your Prophetic Mindset, but if you stay firm in your attachment to God’s love, you will never fall to these stupid tricks of Satan:

“Submit yourselves, therefore, to God. Resist the Devil, and he will flee from you.”

- The Holy Bible, James (4:7)

THE FOOTSTEPS OF SATAN

(A Lure to The Trap)

...

“O’ you who believe. Do not follow the Footsteps of Satan.”

- The Holy Qur’an (24:21)

...

The Devil will not suggest to you the worst of the worst sin right away. This would make you aware and instantly turn away in disgust. It’s the tiny little suggestions in your mind, or *footsteps*, leading to the particular sin that you need to watch out for! That’s how he gets you – *slowly but surely*...

Look at society, for example, the type of filthy music that plays on our radios would have never been allowed 20 years ago. People would have woken up instantly and caused a riot outside the radio stations. So, to avoid this rioting, the way the Devil works is in *steps*. Gradually, he increases the volume, and slowly but surely, as time goes on, he increases the filth – very *slllloooooowwwwlllyyyyyyy*, so people would either not notice or complain a little.

It is like the frog experiment: Put a frog in boiling water and it will immediately jump out. But put the frog in cold water, then *gradually* turn the heat up, and see what happens. The frog will remain in the water and die because he didn’t notice the temperature was rising.

It is the same with you and lust. The Devil leads you slowly but surely until he’s got you to a point where you are at your most vulnerable, then like a *slinking* viper, he strikes.

It’s like a game for the Devil; the higher you advance in life, the more challenging it becomes for him to bring you down, and he loves it – *the higher you get, the harder it gets*.

Below is an example of how the Devil leads you to relapse in steps:

1. On day 1, you'll be motivated and focused to stop. You are working out, reading, and working on your purpose. Boom! You feel unstoppable.
Devil watches carefully
2. *"You've been working really hard, have a cookie"* – whispers the Devil into your heart (remember, the cookie is okay, but it's your resistance and discipline that's being targeted here with this tiny little temptation). So, you agree and eat the cookie because you think it is nothing.
3. Now the Devil whispers – *"watch Netflix, but be careful of the bad shows."* So, you agree and watch Netflix avoiding the bad shows, but still end up wasting time and have now seen and downloaded a bunch of dirty and unnecessary images from all the thumbnails.
4. Now, you are slowly getting weaker and more blind towards your purpose. You're forgetting God. And the same thing happens the next day but, this time, you get tempted to eat lots of junk food, listen to bad music, and sleep for a long time. The Devil has now decreased your discipline and made you lazier, but you haven't realised.
5. Now you are even weaker! The Devil now has the opportunity to attack with stronger temptations. He will whisper – *"let's see what's happening on social media."* You agree and pick up your phone.
6. The images blind you from your purpose more and more because they are just pointless images and videos you will forget the next day. You keep scrolling until you come across something bad, and then immediately, you lock your phone. Do you see what's happening here? Do you see the pattern? The footsteps?

7. Now, the Devil will wait as you deal with the shame that has just been triggered alongside the dopamine rush and adrenal spike from accidentally seeing a bad image. The shame is now rising inside of you and this make you want to flee from God because of Satan's knockout blow in the next chapter.
8. There you have it. The Devil will now hit you with one of the seven fears to rouse more desire in your heart – *“go back and check out that image or you’ll miss out you fool! You feel a bit stressed anyway, that will make you feel better!”*
9. *“Just peek at least,”* says the Devil, and driven by the fears above alongside the fear that God won't forgive you for the accidental peek, you reluctantly agree.
10. What happens after this is obvious, but look how it all started with a cookie. You see!? *Footsteps!*

The Devil is the most patient boxer ever. A jab here and a jab there. You think nothing is happening – *it's all good*, you think to yourself. But come round 8 and the jabs have taken a toll. You are weakened and didn't realise that each jab was a step towards the big knockout. One last blow is all it takes and *BOOM!* – you're out for the count. We must take precautions against these little footsteps that lead to the big trap by constantly being aware of the footsteps in our minds. It always starts small, but try to see where the little temptations are in your life because they will always lead to the big one.

If you resist the little temptations, then you can resist the big ones, and this doesn't mean resist cookies, but be aware of the little temptations and counter-balance them with hard work. For example, if you choose the cookie and then a long nap, counterbalance it with a nice jog and some push-ups. Maybe some fasting a few days of the month as well, and keep stuck to your Forever Pure Method. **Stay far away from Satan's lures and run as far as you can on the righteous path so that Satan disappears chasing your dust.**

SATAN'S KNOCKOUT BLOW

After beautifying sin and driving you towards it by using fear, the Devil has a final knockout blow with which he finishes people off for good:

Using your shame against you, he will whisper into your heart that God will never forgive you or help you. If you believe this lie, you're finished because you turn away from the Presence of God in total ingratitude.

This is the knockout blow because once a person believes that God has abandoned them, they have broken their faith and confidence in God's help. Now they are lost in the darkness of addiction, lust, ignorance, and misery.

In other words, a person who believes they can't be forgiven is someone who has rejected God's mercy and has fallen into the trap of self-hate and despair, ready for the darkness to swallow you up and spit you out.

So, it's when Satan has won the battle. His entire operation has been completed on a person when they believe they can't be forgiven because the point has been proven, that the human is an ingrate! The truth is that God's mercy transcends your little sins, and believing you can't be forgiven is total ingratitude and arrogance because you innocently think your sins outweigh God's mercy. God is far too great for our puny little sins brother. But the fear inside is trying to tell us otherwise. Don't believe the hype, my friend. You are forgiven and you are loved by God, every part of you. Face the healing power of mercy and become pure. Let the Devil talk because that's all he can do. God Himself has commanded us not to lose hope, so I guess that's final! – Prophetic Mindset on!

“Never lose hope in the Mercy of God!”

– The Holy Qur'an (39:53)

**“And who despairs of the Mercy of their Lord
but those who have gone astray?!”**

– The Holy Qur'an (15:56)

FURTHER TRICKERY

Below you will find some more tricks of the Devil. If you've been hit with these already, then you'll truly know the kind of mastermind that we are dealing with. He is relentless and ruthless in his attack, and one of a kind in deception and trickery. Remember, he wants to make you forget about God!

“Do What’s Good, Not What’s Right:” This is my favourite one. The Devil, to prevent you from doing the right thing, will suggest that you do a *good* thing instead. Good and right are two different things; but the *good thing* makes you feel as though you are doing the *right thing*. This takes you away from your main purpose and wastes tons of time and energy. For example, the right thing for me now is prayer and the Forever Pure Method, but the Devil will make me do a good thing instead which is to go for a walk. I missed the main thing I was supposed to do and thought it was the right thing! – *clever trickery*.

The Sneaky Suggestion: Because your body might be automatically in the habit of lustful activity, the Devil simply needs to suggest something when you're not aware and you'll do it without realising. For example, you might just pick up your phone and start scrolling out of nowhere, unaware that he just suggested that to you. Like this, when you are not present and focused, the Devil just takes over because no one is in the driver's seat.

Do Nothing Whilst Triggered: Here, the Devil might suggest that there is no need to worry about the urge as you have everything under control, but not doing anything is a bad idea if you are triggered by lust. You must break free of the quicksand before it consumes you. Even the tiniest *pull* you feel from lust must be dealt with immediately because your lower nature is taking over and you need God's help now, not later!

You Don't Lust Anymore: The Devil might suggest that you no longer feel lust anymore or that you can handle it. This might make you feel like testing yourself to see if you can fight lust by looking at bad things. You can't. It is truly impossible. You can't fight animal nature.

Nightfall Trick: With lust, if you suffer from a nightfall, the Devil will persuade you that you have failed, so you might as well engage in lustfulness. This is not true and the nightfall does not mean your progress is delayed. It is normal and healthy.

Research: Here, the Devil will fool you into “researching” about some porn statistic or news on the topic. It is just another step closer to the big trap.

Scroll on Media: This one is just a no-go. You will get convinced that scrolling on social media will not be harmful when the images will just distract you even more and bring you closer to lust. This is just an invite to the lust playground because social media is filled with it.

“I’ll Start Tomorrow:” Or, “I’ll start Monday.” This is my next favourite trick of Satan. A meaningless excuse to keep being weak because we think we have time to waste:

The sands in my hourglass do sink away.

It shatters everywhere as I sleep awake

The grains slip like a dam does break.

Time winks as I lose against its weight.

But with every grain of sand of time.

Our actions are what do define.

The result of what each grain becomes.

Every second a diamond, or each one to dust?

Prayer, truth and patience is time spent wisely.

For Satan does strive to steal your soul’s timepiece.

THE SELF-HELP DECEPTION!

(A Massive Warning)

Think brother, God is saying that you need His help, but society is all about “self-help.” They slightly twist the truth so you turn away from God and rely totally on your own self.

Think! It’s a trick! They get all these influencers teaching men how to be strong and conquer their dreams. They say, “*the power of the mind*,” “*I can shape my destiny*,” “*I have all power*,” “*you can do it*,” “*no one’s coming to save you*.”

It’s a big lie! Satan is behind all of this. This is why everyone is struggling and weak. All these books and fancy people online are all placed there to deceive you and turn you away from God. There is no “self”-help! Only God’s help.

Satan wants to take you away from being the humble worshipper and turn you into an arrogant fool. Some people are so deluded that they think they are actually God and that the universe works for them. You’ll hear them speak of the “universe,” but never say God because their arrogance is allergic to it.

Keep destroying the arrogance that society is trying to fill your heart with by doing the Forever Pure Method constantly. Think of it as a regular shower for your heart to keep removing the dirt of living in an arrogant and shameless society.

Cast away all of these demons and the Truth will slowly become your reality, that you have a Lord and Cherisher who loves you and wants to help you achieve your dreams.

“For truly: Mankind was created in a state of anxiety. Distressed when touched with bad. Withholding when touched with good.
Except those who keep the (prayer) connection (with God).”

– The Noble Qur’an (19:22)

SATAN'S ENTIRE OPERATION

Satan wants you to turn away from God.

He wants you to LOSE HOPE in God's help.

And how does he do this?

He and his demons (1) make us commit the MOST SHAMEFUL deeds humanely possible so we lose hope in God's love and lose the Prophetic Mindset, and (2) makes us believe we can never be forgiven so we stay trapped by fear and lust.

And this is why the sexual sins are the most prominent in society.

Because sexual sins are the most shameful in front of God, and they cause us to develop tremendous arrogance and fear of not being forgiven as our animal selves take over.

Lustful sins harm us the most.

It's very difficult to confess your sexual sins in front of God because they make us feel very dirty and unloved.

It's easier for people to hide and distract themselves than turn to God for help, which is what 90% do especially with these demons around them that they're unaware of.

And it is very easy for Satan to fill people's heads with the lie that God hates them and can't help or forgive them because of their sexual shame.

Look around at society now. This is what Satan is doing.

But you will reverse this nonsense by simple asking for help here and now. Do the Forever Pure Method and don't stop doing it.

Your life will change once you fight these demons back.

WATCH THE ENEMY

This war gets so much easier when you have an eye on your enemy. Imagine if you were thrown into a zombie pit. What would you be focusing on? The zombies of course!

Well, this world is not so different. Hordes of zombies (demons) are blasting you with laziness, lustful thoughts, fear, gluttony, social media, distraction, and all kinds of immorality from all corners, trying to make your heart hard with arrogance and ego. But if you are a man that is constantly *aware* of Satan and his minions, then you can easily avoid the incoming attacks. On the other hand, many men are clueless. They live in a false sense of security, and it is only when this comfort bubble pops (relapse) that they realise the war they are really in, but as time goes by, Satan makes them forget again as they fall back in to their comfort bubble.

Life is war, and as a warrior, you must stay alert of the enemy. Do it now, just keep an eye on Satan. Watch him. See how the phone is an invite to distraction and lust. See how he tries to make you lazy. See how he draws you closer and closer to sin – *pay attention to the whispers*.

When you notice an attack in any form, pray to God using the technique in the previous lessons. God's will shall overcome anything the way the ocean puts out a candle flame. Just remember that the key is to let go of your own controlling mind by humbly accepting that God has all power, control and will over your life. All in all, anything that requires strength means you must turn to God's mercy. This is your power, but Satan has made people believe they can win against him with their own minds, which is why Satan has had so much success. But Satan's worst fear is that we find our strength again (God's mercy).

“Indeed, Satan is to you an open enemy,
so treat him like an enemy.”
– The Grand Qur'an (35:6)

HOW TO DEAL WITH SATAN

The way to beat the Devil is to fight him with God's name. So, keep doing the Forever Pure Method. Satan won't stand a chance. You must *"be strong in the Lord and in His mighty power, and put on the full armour of God so that you can take your stand against the Devil's schemes (Ephesians 6:10-11)."* God further tells us to *"strive diligently against the evildoers with this Qur'an (25:52)"* because the Truth will set us all free, for the Truth *"brings us out of the darkness and into the light (33:43)!"* You must also seek mercy so God may heal your soul of all the darkness inside it. I also have a gift for you now that you're here. The two chapters below are located at the end of the Qur'an and, when recited whilst doing the Forever Pure Method, makes the demons flee far away:

1. Surah An-Naas (Chapter: Mankind)

In the name of God, The Most Gracious, The Forever-Loving.

Say: I seek shelter with the Lord and Cherisher of Mankind.

The King of Mankind.

The God of Mankind.

From the mischief of the slinking whisperer, who hides away.

Who whispers into the hearts of Mankind.

From amongst the Jinn and people of Mankind.

2. Surah Al-Falaq (Chapter: The Dawn)

In the name of God, The Most-Gracious, The Forever-Loving.

Say: I seek shelter with the Lord of the Dawn.

From the mischief of what He created.

From the evil of the Darkness as it overwhelms.

From the mischief of those who practise dark magic.

And from the mischief of the envious one as he envies.

SATAN'S PLAYGROUND: **THE DUNYA**

The world itself is a wonderful place, but the nature of the life of this world is against us. The world becomes an enemy to those who speak the truth and becomes an unseen prison to those who get lost in it. The Devil himself has been left to run rampant on it, and this makes it a dangerous place indeed if we are not careful. This place is simply not home, but a testing ground. *A war zone.*

...

“God said (to the humans and Djinn) Descend to the Earth as enemies to each other. You will find in the Earth a place of stay for a while.”
- The Holy Qur'an (7:24)

...

We are in an ***actual spiritual war***. This place is not our home. It's more like a train that's going to a destination. We must act as travellers and get prepared for where we are truly going; not try and acquire goods that we can't take with us when it's time to go.

And this is the problem. People know they are going to die and leave this world, but act as though they are here forever simply because everyone's scared of facing the reality of death. The other reason is that the deception of the world is too powerful for the untrained human:

“You act like mortals in all that you fear, and
immortals in all that you desire.”
- Seneca

“*Dunya*” is the word used in the Qur’an to summarise this world, referring to its deceptive nature. It is a world filled with illusion; full of dazzling glitter and sparkling temptation for the senses. There are also many sick and twisted people in the world, most of whom are fuelled by the greed for money and power. This is a reality we must face, not in a negative fearful way, but in a positive way in which we will try to change the world for the better.

It is Buddha who said that desire of the world, or attachment, is the root of all suffering. But the desire for the things of this life is like a never-ending well. You will keep going lower and lower thinking you’ll finally find water, but the darkness and emptiness never ends (the water being happiness). We think we’ll finally be satisfied with a new car, but then we want a better car. We think a new house will do the trick, but then we get bored and want a new one. We think winning a championship belt is the next thing, and it is an amazing accomplishment, but it still does not fill that deep emptiness and longing inside. The more we fall into desire, the sadder we become, and this is perhaps why we always see how some of the most depressed people on Earth are those that have everything. *Material things* will ultimately never bring satisfaction; we will always want more, and this phenomenon is profoundly explained by God in the verse below, referring to the nature of the *Dunya*:

“Bear in mind that the present life is just a game, a diversion, an attraction, a cause of boasting among you, of competition in wealth and children. This world is like plants that spring up after the rain: their growth, at first, delights the people, but then you see the plants wither away, turn yellow, and become stubble.”

– The Holy Qur’an (57:20)

Here, God is saying that when we first acquire something, it is like a beautiful flower that we love, but then the flower starts to turn yellow and wilts away. Now we want another flower, and then the next, and it keeps **playing with your heart like this**. From desire to desire, hope to hope; the world has this illusory nature where it pretends like its delights can bring us lasting happiness, but it can never and **we break our heart each time**.

So, getting lost flower picking in this deceptive field is the most dangerous thing a person can do, especially with the Devil running around with his mischief and trickery. But the most destructive desire the world offers is? – *Lust*. This is because lust makes you feel more than certain that happiness can be found in this woman, but then the flower dies and you keep wanting another woman with the same hopes of fulfilment. Even with pornography, you skip to the next video, and the next, and the next, and nothing ever changes. You pick the next flower, and the next, and the next, but there is no fulfilment – *only more broken hope*. This is why Buddha said “*Attachment is the root of all suffering.*” For this reason, we have to see our hearts like a boat and the world as an ocean. It is okay to enjoy the world, but we should never let our hearts sink into it, for this leads to misery and suffering. Another example *is that we should place this entire world in our hands and leave our hearts with God*. We must never let the world enter our hearts, and if we strive like this, we’ll be fine in the end. And this does not mean that we shouldn’t own things; it only means that *things shouldn’t own us*. We should not give our hearts to these things with the hopes that we will find happiness and fulfilment in them. Happiness can only come from God, so only God deserves our hearts in worship and nothing else. This is the First Commandment: “*Thou shall have no other Gods besides me.*”

“Detachment is not that you should own nothing.
But that nothing should own you.”
– **Ali Ibn Abi Talib**

It is like this, we shouldn’t fall in love with the gift and give our whole hearts to it thinking it will give us happiness, but we should fall in love with the *Giver of gifts*, and then we will find a joy that never ends and a cup that is ever-full. This world wants you to forget the Giver, and tells you all kinds of lies concerning Him, but fight back, and listen closely to your heart. lies are nothing against the Truth. One day, the people who turned away will be drowning in shame as God will be before us all, and you’ll be so glad you walked the right path because before you will be in Paradise. The true home. *The ultimate triumph!!!*

CURIOSITY KILLED THE CAT (Sin and Novelty)

You'd think that we would have figured out that the world has a cruel nature and is not worth chasing a long time ago. In other words, when we picked the flower the first time and it turned yellow, we should have known right then that chasing the world is a trap, right?

That's true, but the world has a counter against this. *The flowers in the garden are different*, so when the rose dies on us, we will run to the lily. When we get bored of the lily, we will run to the daffodil. This is called **novelty**. The world is full of it, and this is why it lures a man to the extent that we have seen it do.

Novelty is the idea of being new and, with pornography and all kinds of lust in general, it is mainly *novelty* that causes a person to fall into it.

For example, if lust was focused on just one flower, meaning one person, or one video, everyone would have thrown it away a long time ago due to boredom.

But because there are millions and millions of flowers, meaning pornstars, cartoons, images, and videos. The freedom of choice gives us the feeling of novelty. This sparks our curiosity and makes us think that each time the experience will be different, but lust is always the same disgusting pile of crap it will always be.

This makes us place our heart in the next thing, but then it dies; and then the next thing, but then it dies. Video after video, image and image, it will never end, and your heart will never be full.

So, curiosity did indeed kill the cat when it comes to lust in most cases. It leaves massive room in the heart for despair to creep in. It will make you believe that there is something new and exciting that you will miss out on – *a new video that you need to see*. This novelty is one of the biggest reasons people run back to

pornography. It pulls you to innocently “*check it out*” and *put your hopes in it*, but we all know where this will lead.

All we have to do to fix this is do the Forever Pure Method.

Think of lust as a museum. Right now, you are inside the lust museum.

Like a child gets curious to see the next piece of art, you are the same when it comes to the next lust-filled image, writing, or music – the curious thoughts pull you to the next viewing. You hope for something new and exciting.

All you must do is exit this museum and look at it from the outside.

Throw the whole topic of lust in the bin by placing all your hope in God now and forever.

Now look back at the lust museum. What do you see?

Nothing but a decrepit, disgusting, rusty old trap, harbouring broken and lost souls. Now, look at where you are. You’re free my friend! Curiosity can’t touch you. You’ve closed the book. Exited the museum.

In other words, something cannot make you curious if you don’t care about the entire topic. For example, you can’t make a person curious of a science fact if they care nothing about science. **Their hearts are not in it, so they don’t care; and your heart is not in porn, so you don’t care!**

This total abandonment of this pathetic and worthless soul-draining disease is what we need. Abandon lust completely by exiting the museum, and enter the one of divine love again by giving your hope to God and locking on for good.

You don’t desire to chase women. You don’t desire to look at someone else’s stinking holes, and you want nothing to do with it for good. End of story. Stick to your Forever Pure Method and feel tremendous shame, disgust, hatred, and anger against the wrong path.

Place all your heart with God and never-again will you place it in porn. Now, no matter how much they market porn to you, you simply don’t care!

THE WORLD WANTS TO MAKE **YOU UNGRATEFUL**

We see a nice-looking Ferrari on social media, and this makes us ungrateful for our car.

We see a beautiful woman on social media, and this makes us ungrateful for the wife we have.

We see a beautiful person in an advert, and this makes us ungrateful for our own awesome and unique faces.

...

“And we created you in perfect design.”
– **The Great Qur'an (95:4)**

...

We see a bigger and better house than our own, and immediately, we feel ungrateful for our amazing home.

It is all geared towards making you ungrateful to God.

The Devil wants to prove you are ungrateful, and he uses the world to do it.

It is this ingratitude that makes you desire the world more, and it is the same ingratitude that pushes us towards immorality and sin. In fact, you can only ever sin in a state of ingratitude – *I'll let you think about that for a while.*

Once the world stomps on your gratitude level enough, so you become completely ungrateful for what you have, the world now rules you. It can advertise the next thing you feel will add some happiness to your life and you'll buy the product immediately. Even with pornography; the world beautifies it

and makes us ungrateful for our purity, and then deceives an innocent soul to walk down that path whilst making them hope that they will benefit in some way. And it is only after you fall into sexual immorality that you realise what you have just given up by draining your life force. All of that power, vigour, and strength that you should have been grateful for has now been depleted. But if we were grateful for the power, vigour, and strength beforehand, we would never fall into sin in the first place. *They've even done it with virginity.* They've persuaded the youth to feel ungrateful to be virgins when this is one of the most powerful things you can be. Everyone you know probably thinks it is cool to lose it beforehand, and then when they have lost it, they feel extreme guilt, trauma, and pain. This is because they are now grateful for the purity and virtue they once had, and wish to the high heavens they could get it back.

So, every sin is indeed based on arrogance and ingratitude. This ingratitude, in turn, makes people sad, or desperate for more. For example, we gamble our money and then lose. Now we feel regret because we wish we didn't do that. We want our original money back because, now that we have lost it, we feel grateful for it. And that's why they say, *"you're only ever grateful for something once you've lost it."* So, it's true; ***sin can only truly occur in an ungrateful state.*** This is another reason the Forever Pure Method is so powerful because it keeps your gratitude switch turned on at all times.

...

"Living in a state of gratitude is the gateway to grace."

– Arianna Huffington

...

"He has given you everything you could ask for. And if you try to count the blessings of God, never will you be able to number them. Indeed, humankind is very unfair, and very ungrateful."

– The Holy Qur'an (14:34)

THE SCREENS

A long time ago, the houses were a place of refuge from the demons. No evil could enter the homes because they were filled with the remembrance of God. Now the Devil has infiltrated almost every home in the world with the use of screens. That little black box in the corner of your room, and the little devices held by kids that they just can't seem to put down, are the cause of so much contamination and sickness in our lives. It is because of our excess use and inability to control our devices with discipline that we are falling like this.

Every child in the house will have different tastes for different shows, and this means the way the family sees the world will be different from each other rather than being one big family team focused on one big family goal. God will also be set aside because the entertainment industry is mostly fuelled by greed for your attention. This means they will push things that catch your animal desires like sex, women, money, power, etc; and not the things that will free you so end up working on your purpose and turning off the TV (*Telepathic Vision Programming*).

And lust is the number one eye-catcher, so this is why we see it blasted everywhere in the media. The adverts, the thumbnails, the music, YouTube, Netflix, TikTok, OnlyFans, Instagram. It's all primarily blasted with women selling their bodies for your time, money, energy, and attention. The screens have been weaponised against you and your family.

The young men and little boys with phones are 100% bound to come across this crap if they are freely left to roam around on social media alone in their rooms. Many parental apps can be downloaded, but the key is to guide and nurture them about the dangers lurking in the screens. We must nurture self-control and discipline in our children and teach them to use the devices in a positive light where they can learn almost anything and make money. But we must save them before their curiosity leads them to the sick naked people online. If grown men struggle with it, our children have no chance.

It is a prominent fact that the owners of big tech industries like Apple and Samsung do not let their own children use the screens. If this doesn't wake us up I don't know what will. They keep them connected to reality and we should be doing the same thing. It is a scary thing for the children of our families to fall into the same lustful dopamine whirlwind that hundreds of millions of people are enslaved to. We must not let them fall so that their hearts are completely taken captive and they can no longer think for themselves as explained in the Spiderman analogy earlier on in this book. *We must not sit back and watch them become slaves to a comfort zone.* We must teach the children to use the phones, but never let the phones use them. This is easier said than done, but if we first change ourselves, we can change the children. This is because ***children follow inspiration***. So, inspire them and lead the way. Teach the Forever Pure Method so they never fall to these evil thoughts that want them addicted.

“Don't be fooled by the internet. It's cool to get on the computer, but don't let the computer get on you. It's cool to use the computer, but don't let the computer use you. Y'all saw The Matrix. There's a war going on. The battlefield is in the mind, and the prize is the soul. So just be careful. Be very careful.”

– Prince

The key is to simply inspire the children to use their phones in a good light. There is so much that our phones can offer us to increase our development in so many ways. So, invite the children to become readers, learners, and followers of good people online. Never allow them to become inspired by the twisted influencers who work for Satan, because then it's over, as children are primarily followers of what inspires them at an early age. So, if you are not inspiring them, you better get to inspiring them before someone else does.

MISSIONS:

1. ***Inspire your children to follow your footsteps on the right path.***
2. ***Teach them the Forever Pure Method so they get the war.***

E-GIRLS – SATAN’S MONSTERS

(The Sirens of the Sea)

The Sirens were monstrous creatures of the sea disguised as beautiful women.

They would seduce the sailors who passed through the dark waters of their land with the most beautiful singing and dancing. So, the siren’s monstrous powers lay in their ability to hypnotise men through seduction. Upon seeing and hearing the sirens, most of the sailors would lose their minds, forget their mission, and risk everything to chase these beautiful women that danced and sang to them like Rapunzel in her high castle.

Captivated and hypnotised by beauty, the sailors would draw closer to the sirens with their eyes wide and their jaws even wider in excitement. They had no control over their hearts as wrongful desire had imprisoned their animal nature, and the closer the sailors got, the more hypnotised they would become until they were but a few feet away...

The sailors would look into the eyes of the sirens and see all the beauty they ever wanted to love, until suddenly – *blink*. The siren’s eyes would shift in a demonic, reptile-like fashion, and their smile would twist further and become warped in the most haunted way. And with a slow facial rotation and the delicate touch of their sharp nails under the sailor’s chins – their true form was brought to the light like a door smashed open by Kratos.

And – *SNATCH!*

The full monstrosity of their teeth would reveal along with their vile yellow eyes, scaly green skin, deformed spines, and long claws. They would grab the sailors by the neck, and with a screech that echoed through the soul of the land, they would dive down within seconds, rag-dolling their victim into the black abyss.

The murky green ocean would spit out the bones of the fallen sailors after a minute, and the night would let out a deep sigh as it carried on with its duty – *“foolish men,”* The stars would whisper.

You’re probably thinking – *right, cool story bro. What does this have to do with... oh.*

Yes oh.

Sirens are real. They exist today just like in the story – but in a different way.

Energy, money, attention, time, life, and soul-draining sirens.

These sirens live in your screen and roam around in the world today.

Some are genuinely evil; some just follow the rest; some are lost; some want love; some are being used by men; and some just do it because they need money. But they are sirens nevertheless, and you, as a man, must stay on top of this lest your fate becomes sealed like the fallen sailors above.

The sirens live, not to eat you, but to steal your attention, energy, and life force all in one. I’m talking about all the E-girls, P-stars, the “Instagram models,” the TikTokers, the “actresses,” and the “influencers.” It’s time for you, as an alpha, to wake up to the reality of the sirens in the world. They are everywhere, and they want your energy.

The sailors that succeeded in avoiding the nasty sirens were the ones who fought against the demons behind the lustful thoughts.

I finish the chapter with the legendary words of King Solomon:

“With persuasive words, she led him astray;
she seduced him with her smooth talk. All at once,
he followed her, like an ox going to the slaughter...”

- King Solomon: The Book of Proverbs (21-22)

THE PORNIIFICATION OF SOCIETY

(The Enslavement of Women)

...

“If you want to destroy a nation, make adultery and
nudity common in the young generation.”

– Salahuddin Al Ayyubi

...

*Th*ts, h*es, b*tches, bad b*tches, sl*ts...*

*Do these words widely use to honour women in the mainstream media sound
like women are free?*

Women are creatures of emotion. The feminine energy is like the sea. Think of an ocean of love; that's what women are. Sometimes it rages; sometimes it's calm; sometimes it's this way and then that way. It's the ocean; it's beautiful, no matter what. Masculine men are supposed to be the protectors, cultivators, and carers for this ocean because love can get out of control. But men have become weak, and so, the media has taken over, emotionally manipulating this ocean away from true love with subtle deception in love songs and romantic movies that secretly promote lust.

In other words, men were the dams that protected women, but now that the dams have become weak or broken completely, the oceans are flooding everywhere with Satan at the wheel. Now, all he needs to do is make women emotionally believe that love is lust, and that's it, he's ruined and weaponised all the women. And this is mostly achieved with “influencers.”

Just look at the nicknames above. They are more suitably attributed to prostitutes, but some of the biggest female singers are pumping this poison into the innocent ears of millions of little girls. It's the same as screwing open your

head, placing a funnel inside, and unloading garbage into your brain – then repeating the process day in and day out.

Young women are very innocent and dream about pure love. They want to feel accepted and important in society. They dream about a prince, the perfect life, and a world that is full of romantic wonder. It is the very nature of women to be in tune with the emotion of love and keep it flowing wherever they go, like the ocean example above. Women can *feel* love. They are divinely in tune with it. If they feel that no love is present in the moment, no matter where they are, they will start to get upset. But, in exploiting this feminine nature, we can make young women believe that lust is love, and this is what is happening.

Break down the natural honour and justice that men are to uphold, and make lust seem like the road to real love, and now women will start to feel different with regards to love, virtue, and purity. All it truly takes is an influencer that has won the hearts of hundreds of millions of women with a child's Disney program. This is enough to brainwash the entire world of women because they love Miley, Arianna, Demi, and Selena. I mean, even I had watched some of their shows, and I still have love for how innocent these stars were before they changed, but if you look at their aging and maturity now, you'll see they are slowly realising that they were deceived by Satan too and used as puppets for mass deception.

So, by persuading women that lust is love, the women will believe that they are free because they get to chase love, and they think it must be the right path because it feels sensually good to the body. It's clever slavery. This is why any talk of the truth is shunned by a lustful community of people. Their hearts are blinded by wrongful desire while they think they are on the right path. They are just enslaved to their own bodies, oblivious to the disease, the breakdown of families, the destruction of society, the trauma, pain, and their own separation from real love:

“By your life, in their wild intoxication, they were wandering blind.”
– The Holy Qur'an (15:72)

Think about it. As kids, women dreamt of the prince-type of love we see in Disney movies, and then society feeds us this lustful, 3 am, drunk, doner-kebab, one-night-stand type of sickness and we fall for it. Women have simply lost belief in real love because of how weak the men have become, and women, more than anything, know that real love is much more than what is being portrayed.

Moreover, below you'll find some of the explicit music being pumped out to the masses to give you an idea of the type of poison we are dealing with:

- City Girls “*Twerk*” – **222M views**
- Akon “*Smack That*” – **906M views**
- Jason Derulo “*Swalla*” – **1.6B views**
- Nicki Minaj “*Stupid H*e*” – **125M views**
- Rihanna “*Work*” (*explicit*) – **1.2B views**
- Arianna Grande “*Positions*” – **440M views**
- David Guetta “*Turn Me On*” – **381M views**
- Cardi B “*Wap*” (*the entire lyrics are a porn movie*) – **465M views**
- Arianna Grande, Jessie J, Nicki Minaj “*Bang Bang*” (“in the seat of my car”) – **1.8B views**
- Lil Nas X “*Montero*” (*the music video ends in a homosexual lap dance on the Devil in Hell. Why?*) – **478M views**
- Lil Nas X “*Industry Baby*” (*the music video is a bunch of homosexual naked men dancing*) – **426M views**

Combined with the toxic lyrics, the music videos above contain the most disgusting pornographic scenes that would have been banned and charged as criminal offences 20 years ago. The “stars” are half, almost fully, or completely naked, swinging their bits about to billions of people. Why do we need to see this and what the heck is it doing to young boys and girls? A woman will now more than happily dress like a prostitute and think it is okay. They will so easily allow themselves to be violated. Their virginity is as meaningless to them as an empty crisp packet, and this is all because of how lust is portrayed as love in the media. Do you see how the Devil said *he would beautify sin for them in the world?* Look at what is happening. Isn't this enough proof that immense evil by

Satan is being done to the world before our very eyes? We know what's happening and we simply need to wake up.

The women are specifically the victims of this poison because an empowered society is one where women are treated like women. They are not *h*es* or *b*tches* with the words made to look cool because they are spoken in a fancy way by twisted people; but they are angels, mothers, sisters, and daughters, and a society of people that truly know and understand the real power of women is a society that is liberated and free. This is because the power of a woman as a source of mercy in the world is immense. She has the divine power to sustain and uphold love wherever she goes. Her emotional intelligence is God-gifted, and the beauty and splendour of her spirit are beyond this world. Her power to help a man achieve the greatest is equal to her ability to destroy a man, and when her beauty is weaponised, and her morals are warped, the man stands no chance unless he has the right knowledge on how to deal with it.

But we are having to deal with it now as Satan tries to push us further into the Sodom and Gomorrah era. Sexual sin is being used to corrupt and vandalise the hearts of young women so they lose their powers at an early age and become slaves to their own bodies whilst thinking they are free. This is the same thing that happened with the city of Pompei before they were wiped out of the face of the Earth. Look at how pornographic their society became before the Volcano erupted and took them all out because their corruption would have spread to other parts of the Earth. The images are all on Google: Search "*Pompei*."

The way to fix this is with inspiration. To inspire our daughters at an early age. To lead the way and teach them about God's grace (The Forever Pure Method) as a defence for all evil. We must understand, as humans, that we are weak. We are animals by nature. Our urges can only be conquered with the spiritual help of God, which means to seek His mercy as shelter (Psalm 91).

THE LUST INDUSTRY **(The Commodification of Women)**

...

“Our attitudes towards sex have warped and perverted, and have deviated us from its true function as an expression of love and a means of procreation. I heard a quote from a priest who said:
‘Pornography is not a problem because it shows us too much.
It’s a problem because it shows us too little.’”

– Russell Brand

...

Pornography is what fuelled the rise of the internet. Mindgeek is the company that owns the majority of the major porn sites, all of which receive hundreds of millions of visits per day!

The number of visits to Pornhub in 2019 were over 100 million a day! This was in 2019! Now there are hundreds of millions per day!

This is only 1 website. Combine the 10,000 porn websites we have today and think about what the daily number must be! Porn sites get more visits than Netflix, Amazon, and Twitter combined!

Every minute, around 2.5 MILLION people visit porn sites! Around 28,000 people a second!

Children are the ones innocently falling into this trap at a substantial daily rate with the pornification of social media. All of that filth is based on the violation and abuse of women and femininity as a whole.

Young children are being exposed to it from the ages of 6 upwards.

Every time a Fortnite character is created, millions of pornographic searches are made for that character.

There are hundreds of millions of active porn users worldwide right now.

Young girls are being trafficked, and they are made to be sex slaves. They are forced to participate in underage porn to satisfy the sickness of consumers.

Young children on TikTok and other social media platforms are being fooled by “influencers” into participating in degrading “challenges” and “dances.” All for the hopes of “views.” Most young girls are watching pornography to find out how to “meet a boy’s expectations.”

The number of sexual predators is increasing daily at an alarming rate.

These are all statistics that are up to 6 years old at the time of writing this book! The numbers have grown tremendously by now. What we are facing is worse than the Coronavirus. It is worse than any disease or problem that has ever plagued humanity before.

The porn industry is destroying this world in the same manner as if we were to pour a steaming pile of crap over a nice plate of food.

Sex trafficking, child abuse, rape, slavery, perversion, adultery, violence, and all kinds of sickness towards women and girls are ongoing and growing at this very moment because of this disgusting disease of pornography. Women are suffering tremendously because of men’s abuse of her.

Clueless children grow up believing that masturbation is good for your health and “prevents prostate cancer” by false “scientific research.” They fall into this trap that pornography is also good for your health, and that if you have not lost your virginity at a young age then you are not even a real man or woman.

Women are becoming *commodities* to be used and abused. “Influencers” are mostly liars, and for what reason do they choose to be so weak and cowardly, I have no idea. But the worst types of human beings are pushed forward in the media because it compliments a lustful society. They all lie to the people and not one person, it seems, in this day and age is talking about semen retention and

how the key to manhood, power, and success is through the control of sexual desire.

Men are being castrated and emasculated in the hundreds of millions!!! Because of this horrendous virus that is plaguing humanity. Purity is indeed power, and nothing destroys our purity at a more alarming rate than the poison of lust.

The same men who drain their testosterone supply will then buy testosterone supplements from the store. Women will buy beauty products from the store when the real source of beauty is God, but because of porn consumption, we disconnect from God and nobody knows why they feel so terrible.

Pills, porn, drugs, alcohol, sex, lies, none of this crap helps. What people need is knowledge of the self. What we need is to restore the balance once again by facing our shame and seeking mercy. We are all broken-down cars with engine leaks and busted tires. We need to step away from the sickness and move to the righteous path of freedom. We need to detox and reconnect to God, and for this to happen, lust needs to go!

If you read Chapter 2 of *“Empire of Illusion”* by Chris Hedges, you will see the kind of sickening things that happen behind a porn set. The actresses suffer from PTSD and many of them have committed suicide later in life as a result. I need to warn you though, the stuff you will read will be very traumatic and sickening.

We need to come together and get this stuff banned. I know that if enough people were to fight against this horrible disease it would get banned for good. They’ve banned it in many countries, including China, because it “causes spiritual pollution!” – So, they can ban it in the West too if they really care about the people. This is a pandemic that has spread faster than anything. It is destroying families, killing the spark from potential-filled children, and poisoning the way young men see and treat women. The worst thing is, nobody has the guts to talk about it because they find it weird or taboo; everyone is scared to address this disease, but it is the number 1 killer of souls, so we must speak about it!

Now – I ask the question. Why has it spread so much? And why does this disease keep spreading?

The answer is you. Your attention.

The only reason it has been able to flourish is because of the consumer. No one is more at fault than the consumer. It is up to us to bring people back to the light. They are blinded and enslaved by their desires, and some might never return to purity, but there is still hope for the children.

And for us to inspire them – *we must be the change.*

If we can get to the children and teach them the knowledge in this book, they can have a chance and not fall victim to the hell of lust.

They will be able to avoid lust altogether in a world that wants to enslave them to it just with the know-how in these pages. Once you become purified, God-willing, move on to the others in your family. Help everyone you can and teach the children, especially the young boys.

We can do this! We can change the world!

...

“Over 80% of the content on the internet is pornography. I still don’t want to believe that it is possible, but people who are in the know are telling me, “Sadhguru that’s how it is.” That’s a sick world. 80% is a sick world, not a healthy world!”

– Sadhguru

...

INFORMATION OVERLOAD: **HOW TO STAY ON THE PATH**

In this new world of information overload, nobody knows who is correct – *everyone wants to be smart, but no one wants to be wise, and wise people listen, whereas smart people think they know it all.*

The way to stay on the right path is to unlearn everything anyone has ever taught you and go back to the scripture. With every product, the manufacturer will make a manual teaching us how to use it. With every video game, there is a manual and an options button with help and guidance on how to play the game. In life, our manual is holy scripture given to us by our Manufacturer. If we want to be masters of the game of life, we must not try to be *smart* and do it ourselves, but rather, we must go to the manual and become *wise!*

Turn off all the hate against God that Satan has programmed into you from childhood. All that poisonous brainwashing against true love and guidance; throw it all out of your head. This book was only possible because of the Qur'an, a book that has changed the course of humanity for the past 1400 years and continues to miraculously work wonders in bringing people "*out of the darkness and into the light*" (33:43).

So, fill your heart with holy scripture, because it is the truest code on how to be human and stay on the right path. It reminds you of what's already written inside your heart. Buddha, Jesus, and Muhammed (peace be upon them all) taught us wisdom, and it is this wisdom we must have as our foundations in this deceptive world otherwise we fall into the wrong as easily as mice caught in a trap. Now, if you were to receive a piece of information and it matches the holy scripture, then you should keep it. But if it goes against God's word, then you should discard it, and God specifically says many times that the successful people are those who "*purify themselves (87:14),*" and "*guard their sexual purity (24:30).*"

This means that the research saying “masturbation is healthy” is a lie. It’s paid scientific research to aid a specific agenda, and should not be taken as the truth. How do we know this? Because we confirmed it with the truth and found out it was wrong. This is how we always stay on the right path and never go astray. By confirming things with what God says in holy scripture. This is not about religion, but about resources, for under God’s eyes, we are one. God is not restricted by language or culture, he is above it all; so, whether a person says Allah, Elohim, Ja, or God, we should know that *God has the most beautiful names*.

We just need to know that whatever is dividing us in the world is not from God. We should look at our similarities rather than the small differences, and read all the holy scriptures with curiosity and a passion to get closer to God. The first scriptures of God were probably the Vedic scriptures, but the final scripture revealed to humanity, if we look at history, is the Qur’an. God says “*We have revealed it in the Arabic language so that you may understand it (12:2).*”

...

“Alif. Laam. Ra. This is a Book which We have revealed to you that you may bring forth mankind out of the darkness and into light, and direct them, with the leave of their Lord, to the way of the Mighty, the Owner of all Praise.”

- The Holy Qur’an (14:1)

...

God chose the Arabic language because it is the most advanced language on Earth, very similar to Aramaic, or the Paleo Hebrew of the Bible. It is the final message, miracle, warning, and reminder to all of mankind to just stop being arrogant, racist, jealous, greedy, evil people, and help each other. Be good people, that’s all it is. The Qur’an has been preserved through how easy it is to memorise, and this means that it can never be destroyed or tampered with. For example, billions of people know the rhyme, “twinkle, twinkle, little star...” And this means, I could never destroy it or tamper with it. I can’t get rid of it because

of how easy it is to remember, and because so many people have memorised it, written it down, and passed it on, the task becomes impossible. The Qur'an is written like this – in a poetic lullaby style that millions, even little children, can memorise by heart in no time: *“And we have made this Qur'an easy to remember (54:17).”* This is how God preserves His final message to humanity before Judgment.

The awesome thing about the Qur'an is that God says it is a *“confirmation of what came before it (5:48).”* This means that wherever we place the Qur'an, it will confirm the truth and take out the lies, just like a filter. It is like an author confirming what is true and what is not from what was revealed before in His other books. In God's final revelation, He is saying, *right, I gave you guidance and people tried to change the books and mislead people about Me. Now I give you one final scripture that is impossible to change. And with this last scripture, we can confirm what the truth is wherever we place it.*

For example, the Qur'an tells us that the Bible is also God's book, but many will still try to shun it away and cause disruption. We should instead try to read and compare the verses. If it matches the final word (Qur'an) then the Biblical verse is from God. If it doesn't, then this means it was falsified by someone. This is how we restore the Bible and separate the false verses from the real ones. This is the beauty of the final revelation, or the final testament. This is how the Qur'an separates truth from falsehood. And wherever you put the Qur'an, it has this same ability; to confirm what is true.

Even if a man is an extremely believable imposter, if he goes against the Qur'an, we will know he is lying, and this bring an awesome reassurance to the heart. When we put the Qur'an with the Vedic scriptures, we see how so much is truly the same message, as the old scriptures have hints of the Quranic message. Hinduism at its earliest stage was preaching exactly what the Qur'an is saying today – that God is One, and so, we confirm the earliest with the latest:

“O friends, do not worship any but Him.

The Divine One. Praise Him alone.”

– The Rigveda, the most sacred Hindu scripture (8:1:1)

“Say, He is Allah, The One and Only. Allah, the Eternal Absolute. He begets not, nor is He begotten. And there is none equal to Him.”

– **The Wise Qur’an (112)**

“The Lord our God is One. Love the Lord with all your heart and with all your soul and with all your strength.”

– **The Holy Bible, Deuteronomy (6:5)**

And there you have it. Study similarities and you will come to know how close we are to each other. If we come to terms with the fact that God loves *all* his creatures, we will develop a desire to learn and grow together rather than fight like fools. Again, anything that divides us is not from God, and if we feel a specific hatred for any group of people, it is because of some kind of brainwashing going on by Satan which is causing a disease to form in our own hearts. God does not want us divided:

“O humanity! Indeed, I created you from a male and a female, and made you into peoples and tribes so that you may know one another. Surely the most noble of you in the sight of God is the most righteous among you. God is truly All-Knowing, All-Aware!”

– **The Great Qur’an (49:13)**

...

Make the Qur’an your foundation, because it is the ultimate truth in a world that is going too far into falsehood. Now, whatever information comes your way, you can confirm its truth because you’ll have the Qur’an. Like this, you stay sharp in a world of deception.

HOW MEN WILL SAVE

THE WORLD

Men must restore their masculine power once again by removing lust from their lives and repenting to God Almighty in total worship of Him alone.

Lust is removed by understanding that the mind must be kept pure. And for the mind to be kept pure, each and every man must understand that demons are who they should fight and not the thoughts. Thoughts are just the bullets, but demons are behind the guns.

Once every man knows the spiritual war he is in, and once each man casts away the demons that surround him with the mighty name of God, that's when every man will rise up once again. This will restore powerful masculine role models back into society who preserve their sexual natures and never let demons drain them because they have a solid spiritual connection to God Almighty.

The beauty of this is that masculine men will naturally create feminine women who will want to follow the beautiful ways of righteousness, honour, love, chastity, purity, laughter, success, and strength.

Men must also guide and teach young people the truth of their sexual natures and to keep their virginity safe until marriage. We must educate young women (especially) that their sexual natures are a beautiful gift from God that must be honoured and protected. Develop the Prophetic Mindsets of your children at an early age so we create an army of God-fearing warriors on the righteous path to Heaven! Most of all, we must keep seeking God's help, not just to forgive our shame, but to keep us protected, and to raise us in strength and light so that we may do His Will and help those who are in need.

“Whoever saves one person, it is as though
they have saved all of Mankind.”
– The Holy Qur'an (5:32)

FAMOUS QUOTES ON CELIBACY

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The Holy Qur'an (91:9): "Successful indeed, is the one who purifies himself.

The Holy Qur'an (23:1-5): "Successful indeed, are the believers; who humble themselves in prayer; who avoid idle talk; who give the purifying charity; and who guard/preserve their chastity."

The Holy Qur'an (17:32): Do not go near sexual immorality, for it is an obscenity and an evil way."

Prophet Muhammed (PBUH): "The strong person is not one who conquers others. The strong person is the one who conquers himself."

The Holy Bible (Mathew 5:29): "If your eye causes you to sin, pluck it out."

Muhammed Ali: "The central part (of my training) is dodging the nightclubs and the parties and the girls. You want the truth? And being in the bed by yourself at 9 o'clock at night. If you can get by that, you'll make it. Now that's the truth, I tell you the truth. You talk about all that running and jogging, and hitting the bags and fighting; dodging ladies is the main thing, especially when you're pretty like me."

Bruce Lee's Daughter, Shannon Lee: "My father was familiar with the term CHI... He talked about energy within the realm of one's own vital life force. The ability to create, to move, to accomplish, to motivate, to will... he talks about it in terms of a creative and spiritual force he can feel inside him, and in terms of not wasting this force, but using it for good."

Mike Tyson: “I never knew that conquering so many women takes so much from you than it adds to you. I always read that the great fighters never had sex before fights, and I was a young kid and I wanted to be the youngest heavyweight champion in the world. So, I restrained myself from sex for around five years.”

Swami Sivananda: “Wastage of semen brings nervous weaknesses, exhaustion, and premature death. The sexual act destroys the vigour of you mind, body and indriyas and annihilates memory, understanding, and the intellect. Semen is a dynamic force. It should be converted into spiritual energy with pure thoughts and meditation. Those who are very eager to have God-realisation should observe unbroken celibacy.”

Paramahansa Yogananda: “To the celibate who conserves his semen with great efforts. What is there unattainable in this world?”

Dr Franklin L. Dubois; Dr A. Ghoul: “All ancient orders insisted on chastity among their disciples. They taught that the great force, so terribly wasted amongst the unknowing people, could be transmuted... into such vigour and vitality that all physical weakness can be overcome... the magnetic qualities, and the mental and spiritual powers are wonderfully increased.... this explains the case of great inventors and scientists.”

Mantak Chia: “Some Western scientists may scoff at the idea that semen is an immensely powerful substance. Yet, no one can deny the prodigious life potential in the seed of a single man. By gathering this life-generating force within oneself, one collects tremendous energy.”

Bhakti Vikasa Swami: “By the practise of Brahmacharya, longevity, lustre, strength, vigour, knowledge, beauty, fame, piety, and devotion to truth increase.”

Chrisann Brennan (the former girlfriend of Steve Jobs): “He did not want to ejaculate so he could build power and wealth by conserving one’s vital life force energy.”

Napoleon Hill: “The desire for sex expression is by far the strongest and most impelling of all the human emotions. For this very reason, this desire, when harnessed and transmuted into action other than that of physical expression, may raise one to the status of genius.

Men can harness their sexual energy, the most powerful of energies, and redirect it for material success and creative genius. He goes on to list a number of men who reportedly practised sexual transmutation: George Washington, Napoleon Bonaparte, William Shakespeare, Abraham Lincoln... these men, assert, were made geniuses because of their discipline in this practise.

Sex desire is the most powerful of human desires. When driven by this desire, men develop keenness of imagination, courage, will-power, persistence, and creative ability unknown to them at other times. So strong and impelling is the desire for sexual contact that men freely run the risk of life and reputation to indulge in it. When harnessed, and redirected along other lines, this motivating force maintains all of its attributes of keenness of imagination, courage etc... which may be used as powerful creative forces in literature, art, or in any other profession or calling, including, of course, the accumulation for riches.”

Friedrich Nietzsche: “When contained and transmuted, this energy is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power, the unrest of all forces toward the overcoming of resistances, the thirst for contradiction and resistance.”

Billy Graham: “Nothing destroys the youthful glow on a man or woman’s face than this sin. There is no sin that is more destructive to the total personality and all of life’s social relationships like this sin.”

Muhammed Ali’s trainer (Angelo Dundee): “There’s a kid just come down here named Cassius Clay. If you bet on him every time he fights, you’ll be a rich man, because he won’t lose a single fight. I believe his

thing is sexual control, and he's got it. Any kid who can control his sex can win the title. I believe it!"

Kanye West: "People ask me a lot about my drive. I think it comes from like, having a sexual addiction at a really young age, look at the drive that people have to get sex – to dress like this, and get a haircut, and be at the club in the freezing cold at 3am. the places they go to pick up a girl. If you can focus this energy into something valuable. Put that into work ethic!"

Miles Davis: "Ask Muhammed Ali, if he ejaculates, he can't fight 2 minutes. Sh*t, he couldn't even whip me... You give up all of your energy when you ejaculate. I mean, you give up all of it!"

David Hays: "No sex, no masturbation, no nothing. It releases too much tension. It releases a lot of minerals and nutrients that your body needs, and it releases them cheaply. Releasing weakens the knees and your legs. I've been doing that since I was fifteen and it's part and parcel of my preparation. That's why I'm who I am today – it's all down to those little sacrifices. Find me another boxer who makes that sacrifice and you'll find another champion!"

The Great Gama (undefeated wrestler followed by Bruce Lee): "A wrestler's life is defined by strict moral rules. Paramount is the injunction of self-control and anti-sensuality. A wrestler must be a celibate brahmacharya."

Swami Vivekananda: "The chaste brain had tremendous energy and gigantic will power. Without chastity there can be no spiritual strength."

Winston Churchill: "The reason I can write so much is because I don't waste my life essence bed!"

Leonardo Davinci: “The act of procreation and anything that has any relation to it is so disgusting that human beings would soon die out if there were no pretty faces and sensuous dispositions.”

William Shakespeare: “All this the world well knows, yet none knows well, to shun the Heaven that leads men to this Hell.”

Pamela Anderson: “We have often warned about the corrosive effects of pornography on a man’s soul and his ability to function as a husband, and by extension, as a father. How many families will suffer? How many marriages will implode?”

We are a guinea-pig generation for an experiment in mass debasement that only a few of us would have ever consented to. How many talented men will scrap their most important relationships and careers for a brief onanistic thrill? How many children will propel, warp-speed, into the dark side of adult sexuality by forced exposure to their father’s profanations?”

Russell Brand: “I don’t look at porn or do any of that. I think it perpetuates a cycle of misery.”

Henry David Thoreau: “Chastity is the flowering of man, and what are called genius, heroism, holiness, and the like, are but various fruits which succeed it.”

Manny Pacquiao, Freddie Roach: “We have a no wife policy. Sex lowers testosterone so you’re not as mean.”

Albert Camus: “Sex is an essential condition for creativity.”

Mahatma Gandhi: “If all men followed the rules of health and unbroken celibacy, the chapters of this book that would follow would not be necessary because such men cannot possibly suffer from many physical and mental illnesses.”

Mark Twain: "If you must gamble away your life sexually. Don't play the lone hand too much."

Rickson Gracie: "If you have sex, the vital energy in your body goes away. If you want to accumulate energy, you cannot waste it (semen). Race-horses, until they stop racing, they are virgins!"

George Hackenschmidt: "Sexual abstinence should be strictly observed during the early stages of manhood and development. He who observes this recommendation will soon benefit from the immense prerogatives of chastity."

Elon Musk: "A truly stupendous amount of thinking has gone into sex without purpose, without procreation, which is actually quite a silly action. So why are you doing it? Because it makes the limbic system happy, that why. But it's pretty absurd."

Mark Wahlberg: "I don't get down with jerking off, dude, I lead a clean and pure life. I'm a married guy, I have a beautiful wife. Sex is not the most important thing to me."

Saigo Takamori (The last true samurai): Saw abstinence as empowering. Avoided women entirely. Saw sex as an impediment to happiness and loyalty. One of the greatest samurai warriors to have ever existed.

Plato: Plato's dialog stresses the intellect over the physical because of the risk of slavish dependency on physical desires. In this context, Plato recommends reduced erotic engagement to better exercise and control the mind. In other words, sexual activity is only detrimental only in so far as it distracts from intellectual endeavours.... Plato suggests that by consciously choosing to control sexual desires an individual liberates the mind.

Dr. Stephen Chang: “When the average male ejaculates, he loses about one tablespoon of semen. According to scientific research, the nutritional value of this amount of semen is equal to that of two pieces of New York steaks, ten eggs, six oranges, and two lemons combined. That includes proteins, vitamins, minerals, amino acids, everything... Ejaculation is often called ‘coming’. The precise word for it should be ‘going,’ because everything – the erection, vital energy, millions of live sperm, hormones, nutrients, even a little of the man’s personality goes away. It is a great sacrifice for the man, spirituality, mentally, and physically.”

Rashida Jones: “In a society where we want young women to be equal. Pornography undermines the quality and independence of these women.”

Bhakti Vikasa Swami: “Determination, optimism, confidence, will-power, fixed intelligence, noble character, photographic memory, and shining good health are all fruits of conserved semen!”

Prince: He avoids sex at all costs. One of the most deliriously sensual performers who ever lived – insists he’s celibate. The reasons are both religious and energy-related. “The hunger turns into something else,” he says.

Swami Muktananda: “The sexual fluid is the source of health, longevity, and endurance. Though I am an old man, because of the retention of sexual fluid, I feel very young inside. Sexual fluid is your glow, your vigour, your radiance, and your contentment. It gives strength to your prana and gives force to your meditation. It is the force of sexual fluid which powers one’s meditations. If you were to hold it inside, it would give you tremendous energy and make you much more attractive. As a person conserves the sexual fluid, it begins to move upward in the body. Then he gains tremendous power!”

Prophet Joseph (PBUH): His story was about sexual purity. He had refused a city-load of women who were ready to throw themselves at him on account of his beauty. In resisting, he became one of the most powerful men in all of Egypt and saved his family.

Joseph-Gordon Levitt: “We have a tendency in our culture to take people and treat them like things.”

Taoist Yoga (p33-p34): “The generative force is the most precious thing. For the human body that contains it, lives, and the body without it dies; this is because it nourishes and preserves the root of nature and life!”

P’eng Tsu (Physician): “There is no medicine, food, or spiritual salvation that can prolong a man’s life if he fails to understand and practise the harmony of sexual energy (chi/ life force energy).”

Paramahansa Yogananda: “Every drop of creative chemical fluid is said to contain the concentrated essence of eight drops of blood and the electric energy that would be contained in their thousands of blood corpuscles...To drive them out of the body foolishly (lured by the enemy’s sexual temptation) is to lose these soldiers of energy, and mental power, and to become a victim of the army of darkness, disease, weakness, fear, worry, dissatisfaction, melancholia, and even premature death.”

Prateek Kohli: “The reabsorption of semen back into the blood is the best nutrition your body can ever get. So, control your lusts, and don’t waste seminal fluid on short-term pleasures.”

Bhakti Vikasa Swami - “Semen retained in the body goes upwards to nourish the brain, rendering the body robust, and the memory and intellect sharp!”

Michelangelo: Described as having monk-like chastity.

Jay Onwuke: “Transmuted sexual energy becomes:

- The fire in the general's eyes!
- The melody in the singer's voice!
- The flow in the author's pen!
- The warmth in the teacher's voice!
- The sprint in the athlete's feet!
- The firmness in a handshake!
- The healing in the pastor's hand!
- The radiance in the master's face!
- The eloquence of the orator!
- The charisma of the statesman!
- The genius of the professor!
- The charm of the lover!
- The acumen of the businessman!
- The doggedness of the champion!
- The creativity of the artist!
- The equanimity of the adept!"

Jay Onwukwe – “Conserved life essence makes you look younger, healthier, and charismatic. You stand out in any crowd due to increased personal magnetism!”

Mantak Chia: “Those who understand ejaculation know it grossly exploits every gland and organ. With ejaculation, the internal pressure of life is expelled. Leaving behind sex-obsessed men with just enough life force to hold a newspaper, squeeze food through bowels, and make it to a psychiatrist's couch. With ejaculation of sperm, vitality plummets. The big spender loses stamina, his vision weakens. Hair tumbles from his skull. He grows old before his time.

Kirk Franklin: “I get evangelically ticked off. I wish somebody would have told me a long time ago, the repercussions of sex, and flesh, and lust, and vanity, and pride, and ego!”

Napoleon Hill , “Outwitting the Devil” (Interview with the Devil):

“Q: Just what damage is there in over-indulgence of sex?

A: The greatest damage is that it depletes the source of man's greatest driving force, and wastes, without adequate compensation, man's creative energy. It dissipates energy needed by nature to maintain physical health. Sex is nature's most useful therapeutic force. It depletes the magnetic energy which is the source of an attractive, pleasing personality. It removes the sparkle from one's eyes and sets up discord in the tone of one's voice. It destroys enthusiasm, subdues ambition, and leads inevitably to the habit of drifting on all subjects.

Q: I would like for you to answer my question in another way by telling me what beneficial ends the emotion of sex may be made to attain, if mastered and transmuted?

A: Controlled sex supplies the magnetic force that attracts people to one another. It is the most important factor of a pleasing personality. It gives quality to the tone of voice and enables one to convey through the voice any feeling desired. It serves, as nothing else can serve, to give motive-power to one's desires. It keeps the nervous system charged with the energy needed to carry on the work of maintaining the body. It sharpens the imagination and enables one to create useful ideas. It gives quickness and definiteness to one's physical and mental movements. It gives one persistence and perseverance in the pursuit of one's major purpose in life. It is a great antidote for all fear. It gives one immunity against discouragement. It helps to master laziness and procrastination. It gives one physical and mental endurance while under- going any form of opposition or defeat. It gives one the fighting qualities necessary under all circumstances for self-defence. In brief, it makes winners and not quitters!”

Mantak Chia: “Chastity in a human being can function like a transformer. Changing unused sexual energy into intellectual, or social energy.”

50 Cent: “Masturbation is a sin, stop right now fool!!! Lol, God is watching you. Steps to stop masturbating: 1. To avoid the urge to masturbate, stop going to porn sites; 2. Make a conscious decision not to turn your head after people walk past you; 3. Do not go to strip clubs; 4. Do not look at lust-filled magazines.”

Sigmund Freud: “Substitutions for sexual satisfaction are by no means harmless. They dispose a person to neurosis and psychosis. Masturbation in no way meets the requirements for a civilised sexual morality.”

David Baldwin: “Retention of semen in the body creates progressively increasing physical and mental strengths. The body also starts getting smoother and shinier. It increases receptiveness and processing power of the mind, and its ability to concentrate for longer durations.”

Julian Lee: “Deep down, women want men to be moral. Most women are instinctively attracted to the moral man, the man of emotional strength, and the man of physical vitality. Celibacy provides all of these. A woman also is attracted to the stored up sexual energy itself, which provides greater temptations to the celibate, and to her.”

Victor Pride: “The vital sexual energy is what creates life! – Literally. When you expel this vital sexual energy on short-term sexual acts, you do not allow the life energy to build inside of yourself. When you do not participate in short-term sexual relationships, you allow this tremendous energy to build... giving you incredible vitality and inner life!”

Chuang Tzu: “Where lusts and desires are deep, the springs of the heavenly are shallow.”

King Solomon (Proverbs, 31:3): “Listen,, my son. Do not chase after women and lose your strength. Women like that have destroyed kings!”

FINAL WORDS

(Support Kings Will Rise)

Thank you for reading this book. It took me around 5 years to complete. I wrote over 150k+ words on 429 pages, but managed to reduce it down to 53k+ words on 188 pages. But God is to thank for sending us down the great Qur'an containing the wisdom needed to bring humanity out of the darkness and into the light. Prophet Muhammed's impact (Peace and Blessings be upon him) still continues to pierce through all the evil in the world to this very day.

If this book helped you, then please spread the knowledge to the people you love. Teach them about the Forever Pure Method which is the art of fighting the spiritual war against demons that incite us to lust.

Teach people that the key to mastery is to fight the demon, not the thoughts.

Inspire people to have hope in God's aid with your noble action and show what miracles can happen when we become true grateful believers in the Almighty.

Please support **Kings Will Rise** where the mission is to free men from sin and turn them into leaders that will change the world!

You can find us on Instagram @TheKingsWillRise and @NoFapWizards (main).

Feel free to shoot us a message to get further involved in the cause. Also, if you benefitted from this book, please leave a review wherever you can.

Let's restore true love again.

Much love and respect from your brother Shiraz.

Keep me and the family in your prayers!

God Bless your Rise! – Kings Will Rise!

“O friends, do not worship any but Him.

The Divine One. Praise Him alone.”

- The Rigveda, the most sacred Hindu scripture (8:1:1)

“The Lord our God is One. Love the Lord with all your heart and
with all your soul and with all your strength.”

- The Holy Bible, Deuteronomy (6:5)

“Say, He is Allah, The One and Only. Allah, the Eternal Absolute.
He begets not, not is He begotten. And there is none equal to Him.”

- The Holy Qur'an (112)

“God wants to forgive you, but those who follow
their passions want you to fall into great error!”

- The Holy Qur'an (4:27)

“God wishes to turn to you in loving-mercy!”

- The Holy Qur'an (4:26)

“Never lose hope in the loving-mercy of God.”

- The Holy Qur'an (39:53)

“Who would despair of the loving-mercy of God
except those who have gone astray?”

- The Holy Qur'an (15:56)

“Did He not find you lost and then guide you?”

- The Holy Qur'an (93:7)

“And ask forgiveness of your Guardian-Lord and turn
unto Him in repentance. Verily, my Lord is infinite
in mercy and lovingkindness.”

- The Holy Qur'an (11:90)

“Your Guardian-Lord has not left you, nor is he displeased
with you. And the afterlife is better than this life. And your
Lord is going to give to you, and you will be so happy.”

- The Holy Qur'an (93:3-5)

“Celebrate the glory of thy Lord, and be of those who pray.”
– **The Holy Qur’an (15:98)**

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“To Him belong all those in the Heavens and the Earth.
And those near Him are not too arrogant to
worship him, nor do they grow weary.”
– **The Holy Qur’an (21:19)**

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“And it is He who made the night and the day to follow each other:
For such as have the will to celebrate His praises or to show gratitude.”
– **The Holy Qur’an (25:62)**

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“Do they not see that everything in the Heavens and Earth praise God,
as do the birds with their wings outstretched? Each knows its own way
of glorification, and God is All-Aware of what they do.”
– **The Holy Qur’an (24:41)**

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“So be patient with what they say, and celebrate with praises
of thy Lord, before the rising and setting of the sun, and glorify
him in the hours of the night and at both ends of
the day, so that thou may gain (spiritual) joy.”
– **The Holy Qur’an (20:130)**

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(MAY GOD BLESS THE RISE)
KINGS WILL RISE!